Radish

What am I?

Radishes are a type of root vegetable, commonly eaten whole or sliced on salads. Radishes are crispy and crunchy and have a peppery flavor. There are five common radish varieties grown in the United States. The most well-known variety is the Red Globe radish which has red and white coloring

How do I grow?

- Radishes grow underground just like carrots!
- Wisconsin-grown radishes are available throughout the fall and winter

Nutrition Facts

Radishes contain antioxidants, calcium, and potassium. These nutrients help to lower high blood pressure and reduce risk for heart disease. It is also a good source of natural nitrates which help improve blood flow.

Fun Facts

- Radish leaves may be harvested and eaten
- The “hot” flavoring of a radish is found in the skin so if you peel the radish you will lose most of the flavor

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