

LEARN



Watermelon

facts

- Spanish translation: *El rábano* • Hmong translation: *Zaub ntug hauv paus*
- Radishes originated in China thousands of years ago. They were also an important food of ancient Egypt, Greece, and Rome.
- Radishes are a type of root vegetable. "Radish" comes from the Latin word "radix" meaning "root."
- The most well-known variety of radish is the Red Globe. This radish is small (1-4 inches) and has red and white coloring. It is commonly eaten whole or sliced on salads. Other varieties of radishes grown in the United States include Daikon, Watermelon or Beauty Heart, Black Spanish, and French Breakfast.
- Winter radishes, like Black Spanish, are planted in mid to late summer and grow to be much bigger than spring radishes. They store well into the winter.



Black Spanish

EAT



nutrition & seasonality

• Key nutrients:

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

Potassium - Helps maintain normal blood pressure.

Fiber - Keeps digestion running smoothly.

- Fresh, small, red radishes grown in Wisconsin are available from May through June.



French Breakfast

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Have kids try a few new varieties of radishes, like Black Spanish, Watermelon/ Beauty Heart, or Daikon. Before you cut the radish, ask kids to predict the color of the inside of the radish. Cut each of the radishes in half. Were the predictions correct? Slice a piece of radish for each child to try. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the radishes. Are some spicier than others? Is there a class favorite?



ACTIVITY GUIDE ■ RADISH

FUN



activity: Dirt Made My Lunch

Objective: Kids will learn the connection between soil and food.

Supplies: Photos or drawings that illustrate how common cheeseburger ingredients can be traced back to the soil (see procedure below for a full list).

Procedure: Discuss the importance of soil with a series of questions: Could we have plants without dirt? Could we have food without plants? Could we have food without dirt?

Draw columns on a display board for several cheeseburger ingredients and place the appropriate image at the top of the column (bun, burger, cheese, pickle, tomato, and avocado). Then, taking one cheeseburger ingredient at a time, challenge the class to trace each ingredient back to the soil. Hand out images for students to post on the display board as you connect each ingredient to the soil. For example, the cheese pictures would include cheese, milk, cow, grass, and soil. For a pickle, use a picture of a pickle at the top of the column then a bottle of vinegar, cucumber, a cucumber plant, a dill plant, and soil. Here's an example of the chart:



Bun	Burger	Cheese	Pickle	Tomato	Avocado
Flour	Beef	Milk	Vinegar	Tomato Plant	Avocado Tree
Wheat	Soil	Cow	Cucumber	Soil	Soil
Soil	Grass	Grass	Cucumber		
	Soil	Soil	Plant		
			Dill Plant		
			Soil		

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share a video of the Banana Slug String Band singing "Dirt Made My Lunch" <https://youtu.be/MwgP2gCzSC4>.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *Growing Vegetable Soup* by Lois Ehlert
- *Tops and Bottoms* by Janet Stevens
- *The Vegetables We Eat* by Gail Gibbons

— Activity adapted from:
Got Veggies?
A Youth Garden-Based Nutrition
Education Curriculum

GARDEN CONNECTION

planting

Radishes are a great vegetable to use when learning the basics of gardening. Radish seeds germinate quickly, grow fast, and are ready to eat in just over three weeks! Plant spring radishes in early spring. Sow seeds $\frac{1}{4}$ to $\frac{1}{2}$ inch deep and $\frac{1}{2}$ to 1 inch apart. Make sure to keep the soil moist.

harvesting

Harvest radishes as soon as they are a usable size, about 1 inch. Pull radishes from the soil. You can eat the greens too!