

LEARN



facts

- Spanish translation:
El rábano
- Hmong translation:
Zaub ntug hauv paus
- Radishes are a root vegetable, meaning they grow underground.
- Radishes come in many shapes, sizes, and colors including white, red, purple, and black.



EAT



nutrition & seasonality

- Radishes have vitamin C. Vitamin C keeps us healthy by helping wounds heal.
- Share with children: Vitamin C helps our bodies heal from scrapes and cuts.
- Fresh, small, red radishes grown in Wisconsin are available from May through June.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Have children try a couple different varieties of radishes, like Red Globe, French Breakfast, Black Spanish, Watermelon/Beauty Heart, or Daikon.

Slice a piece of radish for each child to try. Encourage children to use their five senses to observe, smell, feel, listen, and taste the radishes.

Are some spicier than others?
Is there a class favorite?



Red Globe



Black Spanish

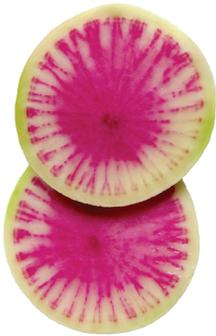


Watermelon



French Breakfast

FUN



Watermelon Radish

activity: Radish Exploration

Gather a few varieties of radishes, like Red Globe, French Breakfast, Black Spanish, Watermelon/Beauty Heart, or Daikon. Leave many of the radishes whole so that children can explore and compare different sizes and shapes.

- Ask children to describe how the radishes are the same or different. Are they big? Small? Round? Skinny?
- Have children line up the radishes according to their size, from smallest to largest.
- Before you cut the radish, ask children to predict the color of the inside of the radish. Cut each of the radishes in half. Were the predictions correct?
- If you have a scale, have children predict which radishes will be the heaviest and the lightest. Help children weigh the radishes to find out.



— Activity adapted from:
Harvest for Healthy Kids

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

READ



books

- *Rah Rah Radishes* by April Pulley Sayre
- *Ms. Piggle Wiggle's Won't-Take-A-Bath Cure* by Betty MacDonald



Daikon

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!