

FARM TO SCHOOL

WINTER NEWSLETTER



All About Radishes

Daikon Radish has a crispy texture and are often described to look like carrots. They have a mild sweet but spicy flavor and are less bitter than other varieties of radish. Growing radishes are perfect for a beginner gardener and loved by master gardeners. They are great to eat but also can help your garden beds and soil in the off season!



Plant Daikon radishes in November and early December. Whether you have full garden beds or a deep pot, they will be easy to grow and delicious to eat. Radishes burrow into the soil as they grow, creating air pockets that help beneficial organisms thrive in your soil. Planting radishes improve the health of your soil and can even deter pests. Plant your radishes with oats or rye to further improve the health of your soil to improve your yield in the summer!



Why should you include Daikon Radish in your diet?

Daikon Radish is full of vitamin C which helps keep your immune system healthy! Other antioxidants and folates in radishes help with cell growth and production so you can grow strong!

Pickled Radish

Ingredients:

1lb Daikon Radish
2 tbsp Rice Vinegar
1tbsp Salt
1/3 c. Sugar
Dried chilli pepper flakes (to taste)

- Peel daikon and cut into thin slices.
- Place all the ingredients in a resealable plastic bag and rub well. Remove the air before you seal the bag. You can start enjoying it after 2-3 hours!
- Enjoy in a salad, bowl of soup or on its own!

