



## *Winter Vegetable Gardening Tips from Joyce Gemmell*

### *Radish*

Radishes come in many shapes, sizes and colors of radish. Fast growing varieties mature in 20 days and the large rooted Chinese varieties as long as 120 days. The most important factor in growing radishes is constant moisture. The faster they grow the better flavor they have. The biggest pest they have is the flea beetle, which riddles the leaves with holes. If your crop is left in the ground too long and they become hot - stir fry them.



Varieties: **Burpee White** (25 days); **Cherry Belle** (22 days); **Easter Egg** (22 days); **French Breakfast** (24 days); **Icicle** (28 days); **Inca** (25 days); **Miyashigi**, an Oriental radish (60 days); **Round Black Radish** (55 days); **Summer Cross Hybrid**, giant white Daikon type (45 days); **Chinese Rose** (55 days) Stokes, Burpee and Cooks.

#### Planting Dates:

##### Coastal region

Seeds can be planted from September to May.

##### Inland Region

Seeds can be planted from September to March.

#### *Nutritional Information...*

Radishes are rich in ascorbic acid, folic acid, and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. One cup of sliced red radish bulbs provides approximately 20 calories, largely from carbohydrates. (from Wikipedia)

Nutritional value per 100 g (3.5 oz)

Energy	66 kJ (16 kcal)
Carbohydrates	3.40 g
Sugars	1.86 g
Dietary fiber	1.6 g
Fat	0.10 g
Protein	0.68 g
Thiamine (Vit. B1)	0.012 mg (1%)

Riboflavin (Vit. B2)	0.039 mg (3%)
Niacin (Vit. B3)	0.254 mg (2%)
Pantothenic acid (B5)	0.165 mg (3%)
Vitamin B6	0.071 mg (5%)
Folate (Vit. B9)	25 µg (6%)
Vitamin C	14.8 mg (25%)
Calcium	25 mg (3%)
Iron	0.34 mg (3%)
Magnesium	10 mg (3%)
Phosphorus	20 mg (3%)
Potassium	233 mg (5%)
Zinc	0.28 mg (3%)

Percentages are relative to US recommendations for adults.  
Source: USDA Nutrient database

