

Radish

The origin of radishes began in China thousands of years ago and gradually spread west. They became an important food of ancient Egypt, Greece and Rome. Radishes were extensively cultivated in Egypt during the time of the Pharaohs. Ancient records show that radishes were being eaten before the pyramids were built.

The radish didn't spread throughout the rest of Europe until much later. It is documented to have been found in Germany in the 13th century but didn't reach England until 1548. Shortly after this, radishes were being grown in North America. They were growing in Mexico in the year 1565 and cultivated in Massachusetts in 1629.

Today, radishes are grown in almost every state. Most radishes seen in the grocery stores across the country are grown in California and Florida



Growing Radishes at home

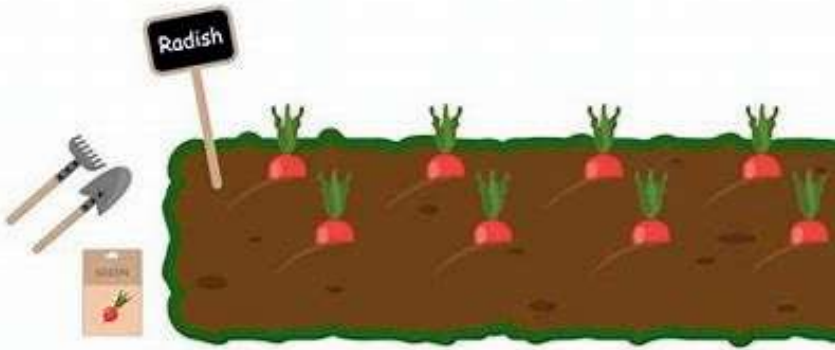


Fun Facts

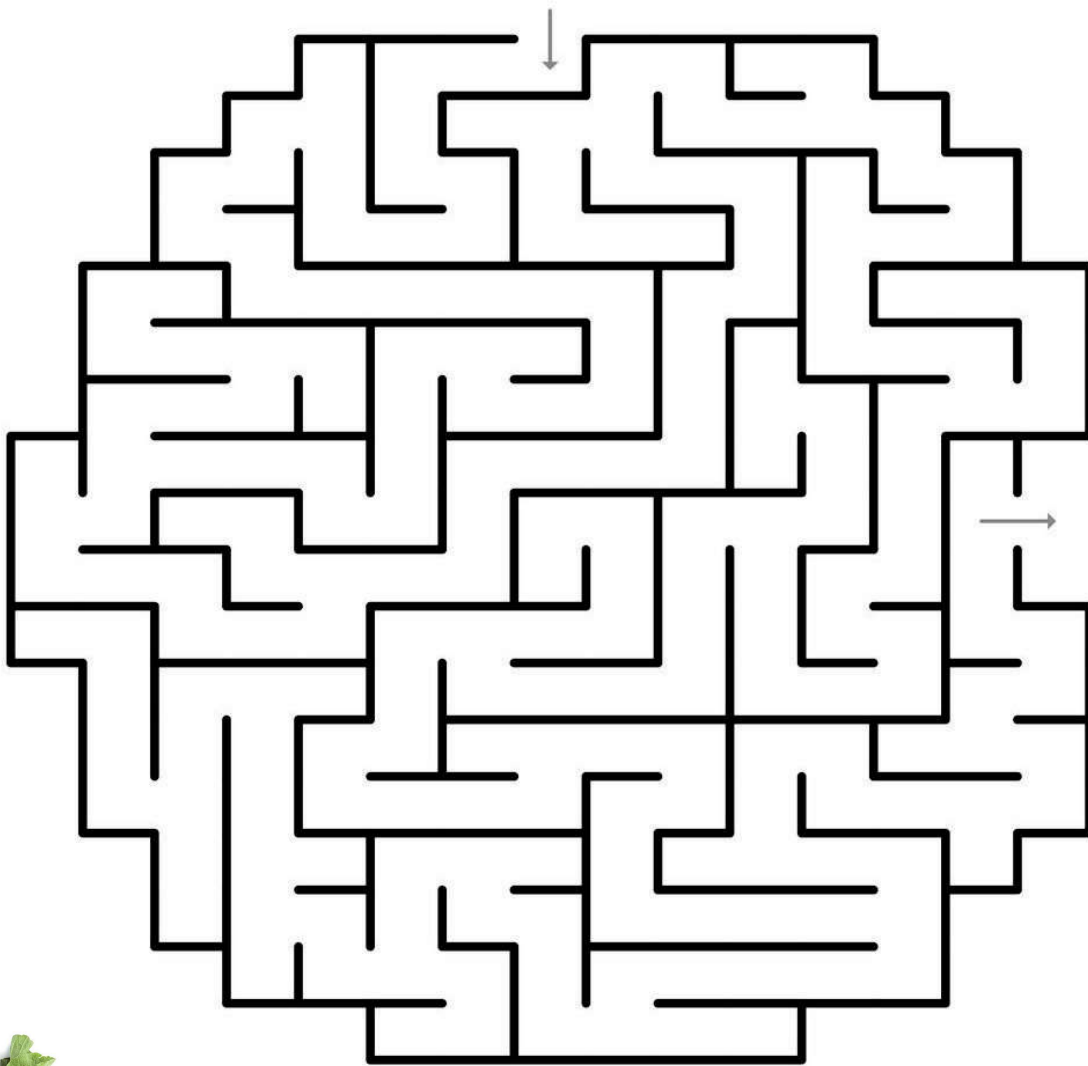
- Radishes have numerous varieties, varying in size, color and duration of required cultivation time.
- Radishes are a great low-cal snack; one cup of sliced radishes has only 19 calories.
- Radishes are a fast growing crop and grow from seed to eating plant in 25 days.
- Radishes have a strong, pungent flavor caused by oils in them. These same oils are found in horseradish, wasabi, and mustard.
- Americans eat 400 million pounds of radishes each year.

TYPES OF RADISHES

- Watermelon Radish
 - Daikon Radish
- French Breakfast Radish
- Green Meat Radish
 - Easter Radish
 - Black Radish



Start



Monteverde's

HEALTHY FRUITS & VEGETABLES