



# Radishes



Radishes are root vegetables that belong to the mustard family. Their skins can be red, black, yellow, purple, and pink and they are known for their crisp texture and spicy, peppery flavor.

Radishes are a cool-season crop planted in early spring and fall. They prefer loose, well-drained soil and require full sun and consistent moisture. California and Florida are the top radish-producing states. Radishes are grown from seed and do not transplant well.

Radishes are harvested about 3-4 weeks after planting when their tops show signs of wilting and turning yellow. Specialized machines called radish harvesters use blades or tines to lift the radishes from the soil. Once lifted, the roots are separated from the soil and foliage using vibrating or rotating screens. In smaller operations, workers manually pull the radishes from the ground.

After harvesting, radishes are cleaned, sorted, graded, and packaged for transport to markets or storage facilities in refrigerated trucks. Radishes are stored in cool, dark conditions to prolong their shelf life.

Radishes are low in calories, rich in fiber, and high in antioxidants. They support hydration and liver function. Radishes contain vitamin C, potassium, folate, calcium, and magnesium.

Radishes can be added to salads, pickled, roasted, used as a garnish for tacos, sandwiches, and soups, or used in stir-fries, stews, and soups.



<https://youtu.be/NfoVWo4SMuU?si=KBzDYgNjGATezmXx>



<https://youtu.be/oEVp-PtDcig?si=yEEdwNpGEvz8ufUH>