



History/Origin

RADISH

- ★ Radishes were first cultivated thousands of years ago in *China*, then in Egypt and Greece.
- ★ Egyptian writings indicate that radishes were a *common food in ancient Egypt* before the pyramids were built.
- ★ Radishes were so highly regarded in Greece that they made *imitations of them in gold*.
- ★ By *1629* they were being cultivated in Massachusetts by English colonists.

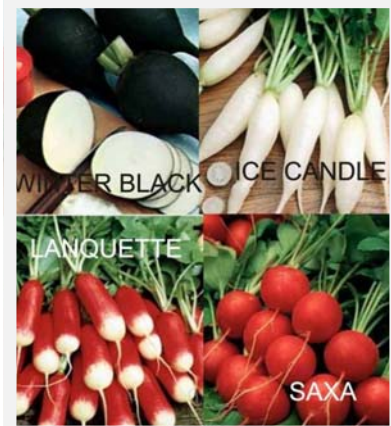




Botanical

- ☆ Radishes are a member of the *Brassicaceae* (or *Mustard*) family.
- ☆ *Cabbage, cauliflower, horseradish, kale and turnips* also belong to this family.
- ☆ Radishes are *edible root vegetables*. There are many varieties which vary in size and color.
- ☆ They were *domesticated in Europe* in pre-Roman times, and now are grown and eaten throughout the entire world.





RADISH

Nutrition

★ Radishes are:

- ♥ **LOW** in Saturated Fat and Cholesterol,
- ♥ **HIGH** in Dietary Fiber, Vitamin C, Folate, and Potassium, and a
- ♥ **GOOD** source of Vitamin B6, Copper and Calcium.

★ One cup of sliced red radish bulbs is **20 calories or less**, mostly carbohydrates. They are a very filling food for their caloric value.





Fun Facts

RADISH

- ★ Ancient Egyptians used *radish seed oil* before olive oil was known.
- ★ In Oaxaca, Mexico, December 23rd is also the *Night of the Radishes*, when large radishes are sculpted to make scenes.
- ★ In 1544, a German botanist reported seeing a *100 pound radish*.
- ★ Americans eat *400 million pounds* of radishes each year.

