Radish

A root vegetable

What nutrients are found here?

Vitamins B6, C, Folate, Potassium, and Magnesium

What do those nutrients do in my body?

- Support digestion, & blood clotting
- Support tissue growth, cell & nerve functioning.
- Vitamin C is an antioxidant, which helps keep cells healthy by reducing cell damage & inflammation

How/Where can I grow my own radishes?

- In the ground, raised bed, or large pot.
- You can gently pull the radishes out of the ground when they are ready to harvest.

How should I store freshly picked radishes?

- Cut the green tops off the radishes and cover them in water, in an air tight container.

How can I eat radishes?

- Raw
- Sauteed
- In salad or with dips

