



Get to know: Radishes

Radishes, *Raphanus sativus*, are a type of root vegetable which is believed to originate in Southeast Asia. It was domesticated in Europe in pre-Roman times and became one of the first crops to spread from Europe to the Americas. The most commonly eaten part of the radish plant is the crunchy, peppery root, but every part of the radish is edible. The radish tops can be eaten as a leaf vegetable, and the seeds can be sprouted and eaten like mung beans.



Nutrition

A 100g serving of raw radish contains 16 calories, 3.4g of carbohydrates, 0.1g of fat, and 2g of fibre. The lack of saturated fat and cholesterol and the low calorie count make the radish a good choice for weight loss.

Fun Facts

The Sakurajima radish is the biggest radish in the world, with large examples weighing as much as 45kg and measuring up to 50cm in diameter.

Citizens of Oaxaca, Mexico participate in the “Night of the Radishes” as part of their Christmas celebration every year. Competitors carve large radishes into buildings, people, and other objects which are displayed on 23 December. The display attracts thousands of visitors and has been going on since 1897.

Radish plants are sometimes used as a “companion crop” for other vegetables. The pungent odour of radishes deters insect pests, protecting vegetables that are grown in proximity to the radishes. Cucumbers, lettuce, and peas are a few of the plants that grow especially well with radishes.

Health Benefits

Radishes are a good source of Vitamin C – 100g of radishes contains 25% of the recommended daily value. Vitamin C keeps bones and teeth strong, and can help fight disease. There are studies that suggest radishes have a whole host of other health benefits, including regulating blood pressure, relieving congestion, and preventing respiratory issues.

source: en.wikipedia.org/wiki/Radish, en.wikipedia.org/wiki/Night_of_the_Radishes,
en.wikipedia.org/wiki/Sakurajima_radish, foodfacts.mercola.com/radish.html, <http://nutritiondata.self.com/>
[image:biodiversityexplorer.org](https://image.biodiversityexplorer.org)

What you can try with radishes:

Indian Spiced Radishes and Pumpkin

by: Love Radish

Serves: 4

What You Need:

- 800g of pumpkin or squash, cut into small chunks
- 3 tbsp nut oil
- ½ tsp dried chili flakes
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp mustard seeds
- 2 curry leaves
- 1 garlic clove, minced or finely grated
- 1 onion, finely diced
- 20 radishes, cut into thick rounds
- 2 tomatoes, chopped

What to do:

1. Boil the pumpkin in water for 8-10 minutes until tender. Drain and set aside.
2. In a large frying pan, heat the oil and add the chili, turmeric, cumin, mustard seeds, and curry leaves and cook for a minute or two until they are fragrant but not burnt. Add the garlic and cook for a further 30 seconds.
3. Add the onions and sauté for a minute then add the radishes and finally the pumpkin
4. Season with a good pinch of salt and cook until the vegetables are tender but start to crisp on the outside.
5. Stir through the chopped tomatoes and serve with chapattis

<http://www.loveradish.co.uk/recipes/detail.asp?ItemID=284#.Vt62qP196M8>

Try these other recipes

- Easy Lebanese radish salad: <http://allrecipes.com/recipe/241426/lebanese-radish-salad/>
- Baked trout with fennel, radish, and rocket salad: <http://www.bbcgoodfood.com/recipes/1573645/baked-trout-with-fennel-radish-and-rocket-salad>
- Roasted radishes with anchovies: <http://cooking.nytimes.com/recipes/1017813-roasted-radishes-with-anchovies>