



May is Radishes

Nutrition & Health Benefits

- **Potassium** - Helps maintain normal blood pressure.
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.
- **Fiber** - Keeps digestion running smoothly

Preparation & Cooking Tips

- Select** - Choose smooth, brightly colored radishes.
- Store** - Remove tops before storing. Refrigerate radishes in a plastic bag and use within 1 week.
- Prepare** - Rinse under cool, running water.

Did you know?

- Fresh, small, red radishes grown in Wisconsin are available from May through June.
- Radishes originated in China thousands of years ago. They were also an important food of ancient Egypt, Greece, and Rome.
- Radishes are a type of root vegetable. "Radish" comes from the Latin word "radix" meaning "root".

Fun Facts

- The most well-known variety of radish is the Red Globe. This radish is small (1-4 inches) and has red and white coloring. It is commonly eaten whole or sliced on salads.
- Other varieties of radishes grown in the U.S. include Daikon, Watermelon or Beauty Heart, Black Spanish, and French Breakfast.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Have kids try a few new varieties of radishes, like Black Spanish, Watermelon/Beauty Heart, or Daikon. Before you cut the radish, ask kids to predict the color of the inside of the radish. Cut each of the radishes in half. Were the predictions correct? Slice a piece of radish for each child to try. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the radishes. Are some spicier than others? Is there a class favorite?



Eat healthy • Be active • Your kids are watching



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FUN



activity: Dirt Made My Lunch

Objective: Kids will learn the connection between soil and food.

Supplies: Photos or drawings that illustrate how common cheeseburger ingredients can be traced back to the soil (see procedure below for a full list).

Procedure: Discuss the importance of soil with a series of questions: Could we have plants without dirt? Could we have food without plants? Could we have food without dirt?

Draw columns on a display board for several cheeseburger ingredients and place the appropriate image at the top of the column (bun, burger, cheese, pickle, tomato, and avocado). Then, taking one cheeseburger ingredient at a time, challenge the class to trace each ingredient back to the soil. Hand out images for students to post on the display board as you connect each ingredient to the soil. For example, the cheese pictures would include cheese, milk, cow, grass, and soil. For a pickle, use a picture of a pickle at the top of the column then a bottle of vinegar, cucumber, a cucumber plant, a dill plant, and soil. Here's an example of the chart:

Bun	Burger	Cheese	Pickle	Tomato	Avocado
Flour	Beef	Milk	Vinegar	Tomato Plant	Avocado Tree
Wheat	Soil	Cow	Cucumber	Soil	Soil
Soil	Grass	Grass	Cucumber Plant		
	Soil	Soil	Dill Plant		
			Soil		

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share a video of the Banana Slug String Band singing "Dirt Made My Lunch" <https://youtu.be/MwgP2gCzSC4>.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ



books

- *Growing Vegetable Soup* by Lois Ehlert
- *Tops and Bottoms* by Janet Stevens
- *The Vegetables We Eat* by Gail Gibbons

— Activity adapted from:
Got Veggies?
A Youth Garden-Based Nutrition Education Curriculum



Slow Roasted Radishes

- Place Daikon radishes in a baking pan or slow cooker with chopped carrots, onions, garlic, low-sodium seasonings, low-sodium vegetable broth, and lean meat. Feel free to add or leave out whatever you like!
- Turn on low, until the meat is tender, and let the juices and flavors start mixing for an all-in-one meal!

