

# RADISH



- ◆ Radishes are a type of root vegetable. The leaves may be harvested and eaten also.
- ◆ Radishes were extensively cultivated in Egypt during the time of the Pharaohs. Ancient records show that radishes were being eaten before the pyramids were built.
- ◆ Ancient Greeks offered gold replicas of radishes as an offering to their god Apollo.
- ◆ Radishes are a good source of Riboflavin, Vitamin B6, and Calcium. Good Snack one radish = 1 calorie.
- ◆ **Night of the Radishes:** In Oaxaca in Mexico, December 23rd is known as “The Night of the Radishes” (Noche de Rabanos). The festival features depictions of all kinds of subjects, including nativity scenes - all carved from radishes!
- ◆ Some varieties can grow up to 3ft. Long and weigh 100 lbs.

