

WATERMELON RADISH

FAST FACTS

- Watermelon radishes are a type of cruciferous vegetable and are a part of the mustard family
- Watermelon radishes are considered an heirloom variation of daikon radishes
- Watermelon radishes can be grown year round, are a low maintenance plant to grow (peak season is spring to late fall)
- Warmer soil increases bitter flavor
- Resembles a watermelon, white rim and vibrant pink center, with a crisp, sweet and peppery taste



IMPORTANT NUTRIENTS

- **Fiber** - good for your gut and heart
- **Vitamin C** - helps with wound healing
- **Folate** - involved in new cell creation
- **Calcium** - builds and protects bones
- **Magnesium** - needed for muscle contraction.
- **Potassium** - needed for muscle contraction.
- **Copper** - supports immune system

SELECTION & STORAGE

Skin should be shiny, firm, and smooth with a crisp root. Avoid radishes with cracks and bruises.

Can be purchased at local grocery stores (Fry's Sprouts, Whole Foods, etc.) and Asian markets.

Wrap tightly in plastic and refrigerate for up to 3 days.

IDEAS FOR SERVING

- Enjoy raw or cooked. Pair with fruit, cheese, or creamy dressings
- Incorporate watermelon radishes into a main dish such as a salad, pasta, or sandwich
- Watermelon radishes are delicious when pickled as well

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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how watermelon radish looks, feels, tastes, sounds, and smells.

Write a Recipe

Invent a new recipe that includes watermelon radishes as one of the ingredients.

Compare & Contrast

Make a list of similarities and a list of differences between watermelon radishes and another vegetable. Are there more similarities or differences?

Game/Activity

Play hot potato with a watermelon radish. Last person to hold the radish, must list one fast fact, nutrition fact or selection guideline for watermelon radishes.

Draw a Picture

Draw a face using sliced watermelon radishes and five other fruits/vegetables.

Watch a Video

Find and watch a video online that shows how to grow your own watermelon radishes.

CHECK FOR UNDERSTANDING

What are some examples of other cruciferous vegetables?

Why are watermelon radishes good for your health?

What should you look for when selecting watermelon radishes at the store?

When is the best time to grow watermelon radishes?

Where can you purchase watermelon radishes?

REFERENCES

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