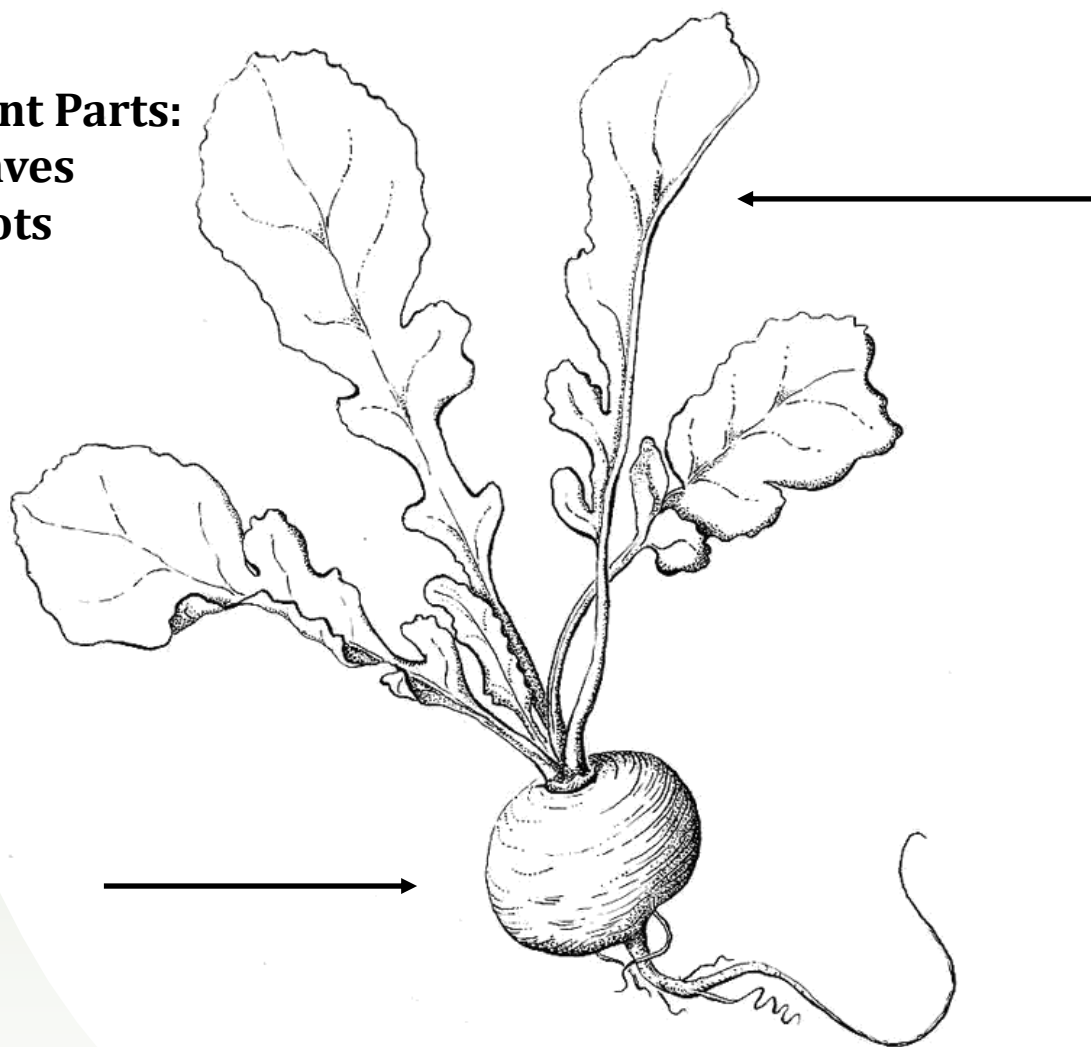


FARM TO SCHOOL GROW GUIDE

RADISH



Plant Parts:
Leaves
Roots



Planting:

Radish plants should be spaced at 3 inches apart. When planting follow the recommended planting guide on the seed packet and thin to 3 inches once the plants are around 2 inches tall. Planting depth of 1/2 inch, cover loosely with soil.

Caring for Plants:

PH between 5.8 and 6.8

Sun minimum of eight hours daily. Radish do not tolerate heat well and will bolt over 80f.

Fertilizer: When preparing the soil, avoid fresh manure and organic materials or fertilizers high in nitrogen. An overly rich soil will encourage lush foliage at the expense of crisp, tasty roots.

Water: Keep soil moist but not mucky. Around 1 inch of water weekly.

Harvesting: Because they mature so quickly, spring radishes should be checked frequently as they mature. When mature, pull the roots whether you need the radishes immediately or not, and cut off the leaves.

Varieties: There are two basic types of radishes—spring and winter. Most spring radish varieties mature in less than a month.

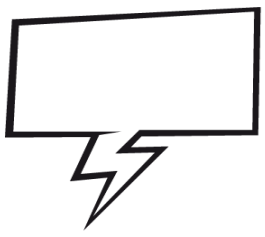
Winter radishes require a longer growing period but are superior to spring types in many ways. They hold their quality in the garden longer, store better, and have a more distinctive flavor.

Nutritional Facts

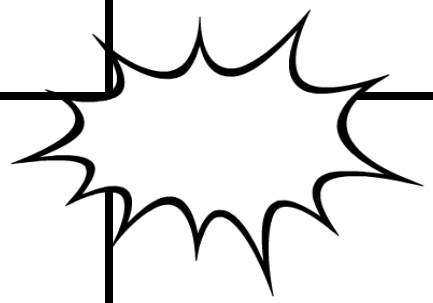
Radishes are one of very low calorie root vegetables. Fresh root provides just 16 calories per 100 g. Nonetheless; they are a very good source of anti-oxidants, electrolytes, minerals, vitamins and dietary fiber. Radish, like other cruciferous and Brassica family vegetables, contains *isothiocyanate* anti-oxidant compound called **sulforaphane**. Fresh roots are good source of vitamin C; provide about 15 mg or 25% of DRI of vitamin C per 100 g. Vitamin-C is a powerful water soluble anti-oxidant required by the body for synthesis of collagen. It helps the body scavenge harmful free radicals, prevention from cancers, inflammation and help boost immunity.

WHAT WILL HAPPEN NEXT?!

WHEN SUDDENLY...

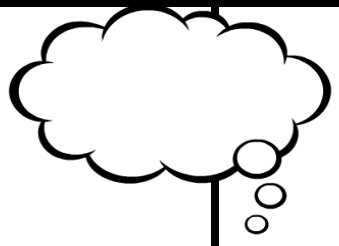


POW!



JUST AT THAT MOMENT...

LATER ON...



OMG!

BOOM!

THE END.