

Kids Grow Radishes

If you like quick results, radishes are one of the fastest and easiest vegetables to grow - just 3-4 weeks from seed to plate!

Crunchy radishes are delicious in salads, but you can roast them too. There are lots of different colours, shapes and degrees of heat.

Sow seeds every two weeks and you can enjoy radishes all summer.

Popular radish varieties

'Redmoon'

Rose pink flesh, mild flavour.

'French Breakfast'

Long, red, white tip.

'Scarlet Globe'

Round, red, mild flavour.

'Diana'

Purple, sweet and peppery.

What you'll need:

- Radish seeds
- Container
- Multi-purpose compost
- Watering can

Why should you eat them?

Radishes are one of the healthiest vegetables you can grow. They're packed with nutrients, including:

Vitamin A

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

Vitamin B6

Converts food into energy, and reduces stress.

Vitamin C

Good for your immune system, skin, blood vessels and bones - and helps with healing wounds.

RECORD BREAKER!

The world's heaviest radish was grown in 2003 by Manabu Oono in Japan. It weighed 31.1 kg (about the same as 7 cats) and had a circumference of 119 cm!



Step 1: Prepare the ground

- Fill a large container or window box with compost.
- Or, if you want to grow your radishes in the ground - rake the soil first.
- Make a shallow trench (1cm deep) to plant your seeds in. Use a trowel or your finger.
- For more than one row, space your trenches 15cm apart.

Step 2: Sow your radishes

- Sow summer varieties March to mid-August and winter varieties in July or August.
- Sow your seeds one at a time, 1cm deep.
- For summer varieties, sow them 2.5cm apart. For winter varieties, 23cm apart.
- Cover with soil and gently water.
- Your seeds will start growing in about a week.

Step 3: Look after your radishes

- Water your radishes regularly - keep the soil moist.
- Thin them out once they're big enough to handle, so they have room to grow.
- Keep summer varieties 2.5cm apart, and winter varieties 15cm apart.
- Your radishes will be ready to harvest in 3-4 weeks. They taste best when young!