



SUSTAINABLE HOLLY

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# PLANT OF THE MONTH

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RADISH

MARCH 2022

# RADISH

## *Raphanus sativus*

Radish (*Raphanus sativus*) are my favourite “filler” plants because they grow quickly and don’t take up much space. Radish are great for filling in the gaps between other plants or sowing alongside them as they will be ready to harvest well before your other vegetables need the space. The whole plant can be eaten root to shoot making it an excellent source of food.

### How to grow

Radish and root vegetables do best when sown directly into the garden. Prepare your soil by adding in compost or composted manure. Free draining soil that is not compact will allow the roots to grow. Wet down the soil first and place your radish seeds 3-4cm apart.

Sprinkle with a thin layer of soil just enough to cover the seeds. Water again with a light sprinkle. Keep the soil moist and the seeds should pop up within the first few days.

Radish can also be grown in pots or containers.

### Climate / when to plant

All year round in most locations. Some cold climates they may not grow in the winter. When growing in summer provide some shade or plant between other plants to offer protection from the midday heat.

### Varieties

**'Pink Celebration'** – Popular bright pink, small round radish. 22-60 days.

**'French Breakfast'** – Popular and quick to grow. Longer oval radish that fades from pink to white. 22-60 days. Mild flavour.

**'Fire Candle'** – Long tapered root that looks similar to a carrot. 15cm long. Pink-purple with white flesh. 22-60 days. Mild Flavour.

**'China Rose'** – Long tapered root that looks similar to a carrot. Pink with white flesh. 22-60 days. Sharp flavour.

**'Watermelon'** – Chinese heirloom. White rustic outside, bright pink inside. Slower growing. Standout colour.

**'Hail stone'** – Small round white radish. 22-60 days. Very mild flavour.

**'Golden'** – Small round yellow radish. 22-60 days. Very mild flavour.

**'Black Spanish Long'** – Black skin with contrasting white flesh. Fun to grow. Strong flavour. Great fresh or roasted. 22-60 days.

**'Diakon'** – Large white radish. Mild flavour. Great for pickling and fermenting. 60cm long. Harvest 30-60 days.

### Care / maintenance

Small radish seedling can be a delicious snack for your garden pests. Check them regularly when they are young.

Radish will benefit from some liquid feed or natural fertilizer such as seaweed solution about two weeks into their growth cycle. Be careful not to get it on the leaves as this can burn the delicate growth.



### Harvesting

Radish are best picked when they are young or just ready. After about 4 weeks the roots will start to raise out of the soil and you can harvest the larger ones first. If the roots start to split harvest them straight away. Radish will split when they get an excess of water. So it can be a good idea to harvest your radish before big rains.

### Pests / disease

Young Radish will be vulnerable to pests such as slug, snails, slaters and aphids. Check the seedlings regularly.

### Reproduce

The best way to reproduce radish is to save the seeds. Let some of your best looking radish go to flower and then small seed pods will appear. Let them go until they are starting to go brown and hard. Then harvest the pods and let them dry. The seeds will be inside the pods. Split them open and shake out the tiny seeds into a brown paper bag. Save these somewhere dry and cool to replant.

### Cooking

Radish tend to be under utilised in the kitchen. They are great fresh in a salad but there are so many other delicious ways to use your radish harvests.

Radish pairs well with: *lemon, lime, mint, cucumber, avocado, celery, peas, cauliflower, broccoli, onion, feta, vinegar, chives, dill, mustard, beans, cabbage, sesame, tomato, asparagus*

### Preserving your harvest

Radishes grow so quickly it is often a great way to fill your shelves with extra food.

- Pickled Radish
- Fermented greens
- Pickled seed pods
- Dehydrated chips
- Butter, relish and chutney
- Dried and powdered for flavouring
- Greens made into pesto and frozen

### BEST OF RADISH

- Easy to grow
- Seed to table in 4 weeks
- The whole plant is edible: root, greens, seeds pods
- Can be sown for most if not all of the year
- Great companion plants
- Vitamins B, C and Potassium
- Immune boosting
- Anti-inflammatory and detoxifying
- Save seeds easily for sustainable gardening