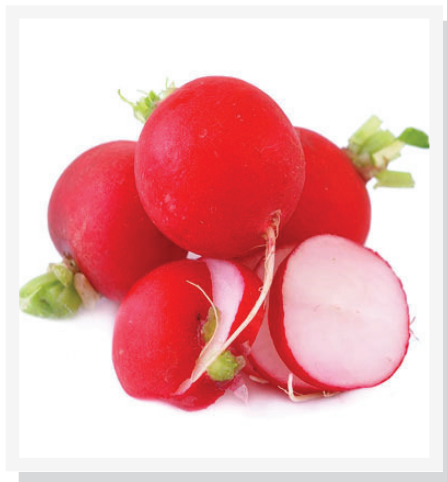


# RADISHES

## How to Grow Radishes?

Radishes are considered one of the easiest plants to grow, and one of the fastest-growing vegetables. Radishes can be harvested three weeks after planting the seeds. The seeds should be planted before the heat from summer begins in loose, moist soil.



*Eat a variety of colorful fruits and vegetables every day for good health.*

## Where are Radishes Grown:

The biggest crops grown in the United States come from California and Florida, but most states grow radishes.

The most common use for radishes is as an ingredient in a garden salad. Try to make your own garden salad!

## Simple Garden Salad Recipe

**Step 1:** Choose your favorite salad greens: Romaine lettuce, iceberg lettuce, a Spring mix, or spinach, and put them in a bowl.

**Step 2:** Add your favorite veggies: shredded carrots, cherry tomatoes, sliced green peppers, mushrooms, broccoli, and don't forget about sliced crunchy radishes!

**Step 3:** Toss your greens and veggies with your favorite bottle of dressing.

**Step 4:** Enjoy!

