



## Zion Farmers Market KidCraft

### Handprint Tissue Paper Radish



First cultivated in China, radish crops spread through the Northern Hemisphere and into Europe in the 1500s. Radishes had reached Massachusetts by 1629.

Radishes are members of the Brassicaceae (mustard or cabbage) family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.

Radishes are a great low-cal snack; one cup of sliced radishes has only 19 calories.

Radishes are related to wasabi, a type of horseradish, which in paste form is a staple condiment of Japanese cuisine.

Most states grow radishes, but California and Florida boast the biggest crops in the United States.

Because they grow rapidly, radish plants are ideal for children's gardens. The scientific name for the genus that includes radishes is *Raphanus*, Greek for "quickly appearing."

Several varieties of radishes are available year-round. They vary in size, taste, and color but share nutritional values.

Radishes are a handy snack and here's a radish-themed craft that has requires some "hand-y" work.

#### **Supplies**

Red Tissue Paper  
Green/White Cardstock  
Scissors

Pen  
Glue

### **Instructions**

First you will want to cut out a simple radish shape from your cardstock (you can also use a cereal box for this part since you will want something sturdy for all the glue you will be using).

Next cut your red tissue paper into small squares.

Put a few squiggles of glue all over your cardstock piece and have children place the tissue paper on top, until it's completely covered. Set aside to let it dry completely.

Next trace and trim out your child's handprints from the green cardstock.

To finish off the craft – simply staple on the handprint pieces to your radish piece. Then display proudly!

### **Radish Facts for Kids**

Radish is a type of herbaceous plant that belongs to the mustard family. It originates from Southeastern Asia, where cultivation started 2700 years BC. Ancient Egyptians were also fond of radishes. Cultivation of radishes started even before building of pyramids. Radish is equally popular today. It prefers cooler climate and grows quickly under appropriate conditions (enough sun, fertile soil and moisture). People cultivate radish as a source of food. Other than that, radish has application in medicine and in the industry of fuels.

#### **Interesting Radish Facts:**

Radish plant can reach 6 feet in height and 3 feet in width. Size of the root depends on the variety. Rounded varieties are usually 1 inch wide, cylindrical types are 7 inches long, while carrot-like varieties grow to the size of 24 inches. Biggest ever recorded radish (root) had 3 feet in length and 100 pounds of weight.

Radish has green, strap-like or lobed leaves arranged in the form of rosette.

Radish produces white flowers arranged in racemose inflorescence. Insects are main pollinators of the flowers. Fruit of radish is edible pod filled with seed.

Radish is usually cultivated because of its edible root. Color, size, shape and taste of root depend on the variety. Best known types are white, pink, red, purple, yellow and green colored.

Radish grows quickly. Seed starts to germinate 3 to 4 days after planting and radish can be harvested 3 to 6 weeks later.

Radishes can be divided in two groups, based on the planting time. Summer types are planted in the spring. They are usually round shaped and pink in color. Winter types are sown at the end of the summer. They are often elongated and white colored and have stronger taste than summer varieties.

Radish is rich source of vitamin C and vitamins of the B group. It also contains dietary fibers and minerals such as potassium, calcium, magnesium, copper and manganese.

Radish has mild to hot peppery flavor and crunchy texture. It is often consumed raw in the form of salads, but it also can be pickled, boiled and fried.

Leaves can be consumed fresh, as salad, but they less popular than root. Seeds can be used as

spice.

Radish was used in treatment of kidney stones, intestinal parasites and bad skin in the Britain in the past.

Radish can be used to relieve stomach ache, to facilitate digestion and elimination of the excess body water and to regulate blood pressure. It contains substance, known as sulforaphane, which has potential to prevent cancer development.

Radish is very popular type of vegetables. Annual amount of sold radishes in the UK equals the weight of 40 blue whales.

Ancient Egyptians used radish oil in their diet before olive oil was discovered.

Oilseed radish is a sort of radish cultivated because of its oil that is used as biofuel (type of fuel that does not pollute atmosphere like conventional types of fuels).

Radish is usually cultivated as an annual plant (plant that completes its life cycle in one year).