CLASSROOM CONNECTIONS

TASTEFUL HARVEST

RADISH

Nutrition Facts	
Serving Size:	7 radishes (45g)
Calories 10	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturdated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Calcium 2%
Vitamin C 30%	Iron 2%

Healthy Nutrition and Learning Success

The classroom is one of the best places to teach students about the importance of eating healthy and being physically active. Studies show a relationship between good nutrition and academic performance. Tasteful Harvest connects with core curricula and links the classroom, cafeteria, and families.

EXPLORING OKLAHOMA RADISHES

What You Will Need:

Three to five different radish varieties, whole and sliced
- One of each variety per every four students
- Nutrition label for radishes
- Dry erase board, markers

Activity:
- Examine radish noting color (skin and flesh), texture, sound, and smell.
- Chart observations on board.
- Analyze nutrition information.
- Chart three highest nutrient levels.
- Compare and contrast varieties.
- Discuss differences in flavor and how they may be related to characteristics like color.

COOKING IN THE CLASSROOM

Radish Salsa Makes about 2 cups.
Prep Time: 30 minutes

Ingredients:
- 1 pound radishes
- ½ English cucumber
- 1 scallion
- 1 clove garlic
- 1 tablespoon minced fresh chili (like jalapeno or serrano), to taste
- 2 tablespoons lemon juice
- ¼ cup chopped fresh cilantro leaves
- Salt and pepper, to taste

Directions:

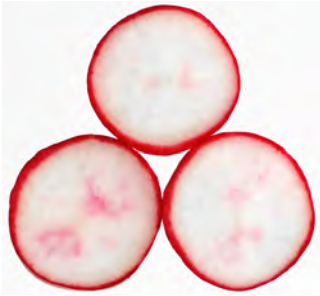
Wash and chop radishes, cucumber, scallion, chili, and cilantro.
Add to bowl with garlic and lemon juice. Season with salt and pepper. Mix thoroughly.
Taste and add more chili, lemon, or salt as needed.
Enjoy!

Recipe by Mark Bittman Posted on Common Threads Farm:www.commonthreadsfarm.org

ABOUT RADISHES

- Radishes are a very nutritious root vegetable.
- Radishes are easy to sprout and grow.
- Radishes are mostly made up of fiber and water, which helps cleanse and hydrate the body.
- All parts of the radish are edible (seed, root, and leaf), and there are even some varieties grown for their seed's oil producing capabilities.
- Although not popular for human consumption (the flavor is very strong), the seed oil has potential as a bio-fuel.

STICK TO THE FACTS



- They only need four weeks to transform from a tiny seed to a round, juicy root bursting with flavor.
- Radishes grow best in loose, sandy soil of raised beds.
- The radish is a fast growing crop that does well germinating in cool temperatures, making it an ideal crop for spring and fall plantings.
- Because radish usually germinates in just 3 to 7 days, it is a good choice when introducing children to gardening
- Radish comes in a wide variety of root colors, shapes, and sizes providing for a range of uses.
- If it's a long, hot summer, you get hotter radishes and when it's milder weather you get cooler radishes!

STUDENT DISCOVERY LAB: MYSTERY VEGGIE

For this lesson, students will rely on their sense of touch to make and record observations about a mystery vegetable.

To begin have students think about how much we depend on sight to recognize things then introduce the "mystery veggie."

- Have a radish, with greens attached, either under a heavy blanket, in a box or in some other container that allows students to reach in, one at a time, and feel the radish without seeing it. Depending on the age group, either have the students describe what they felt as a class or individually write down words to describe their initial impressions or draw what they felt.
- Be sure to emphasize that the point isn't yet to guess what the veggie is, but to use our sense of feel to learn about that veggie.
- Is it smooth, rough, spikey, soft?
- What shapes were felt?
- About what size was it?
- Were there different parts? How did those parts compare?

Visit this site for more ideas: https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/RADISHES_2_cc.pdf
Resources: Oregon Harvest for School Radish Poster

Once students have either worked as a class or individually to describe their sense of the veggie, have students draw their impression of the veggie and label it with any descriptions needed. Students may need an additional opportunity to feel the veggie at this time. Once students have completed the task, provide students the opportunity to guess what the veggie might be and then show them the mystery veggie.
Comparisons between what the students wrote and/or drew can then be done to see how well our sense of touch can help us "see" the world.

LESSON ACTIVITIES

Seed Sprouting Experiment
https://www.giftofcuriosity.com/seed-sprouting-experiment

The Red Radish Story and Activities
https://www.kidssoup.com/craft-and-resource/the-red-radish-story-and-activities

SCHOOL GARDEN CONNECTIONS

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others. Students who work directly with plants or in a garden are more likely to understand the important role plants and agriculture play in our lives.
Discuss how plants contribute to our society and health. Students can then plant a "container garden" to give to a person or organization, such as a children's hospital, nursing home, neighbor, or take home to their family.

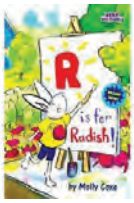
What You Will Need:
- Small plant containers
- Variety of radish seeds
- Bagged soil mix
- Basin for moistening soil

Note: Garden soil is too heavy for small containers and often contains weed seeds.

Activity:
Fill container with moistened soil mix.
Spread seeds out according to package directions.
Gently press seeds into soil and lightly cover with soil.
Gently water the soil and keep moist.
Place container in a sunny window spot.
Create plant labels and decorate note cards with care instructions to accompany each plant container.
Watch for plant growth and follow packet directions for transplanting to garden

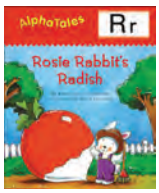
.Adapted from: www.kidsgardening.com
For more ideas, reference: Nutrition to Grow On, CDE, 2004

LITERATURE CONNECTIONS



R is for Radish
by Molly Cox

RAH, RAH Radishes
by April Sayre



Rosie Rabbit's Radish
by Wendy Lewison

HISTORY OF RADISHES

- The first historical records of radishes come to us from Greek and Roman writings from the 3rd century B.C.
- It is thought that the radish was one of the first European crops to be brought to the Americas.
- Radishes, onions and garlic were paid as 'wages' to the Ancient Egyptian laborers who built the Pyramids.
- There aren't great archeological records of the history of radishes around the world, but there is some evidence that the center of origin for the radish is in Southeast Asia.
- Radish seeds were an important source of oil in Ancient Egypt before olive trees were introduced to the country.
- In Oaxaca in Mexico, December 23rd is known as "The Night of the Radishes" (Noche de Rabanos). The festival features depictions of all kinds of subjects, including nativity scenes – all carved from radishes!

FARM TO ECE
EARLY CARE EDUCATION

Music
The Farmer in the Dell
Adapted by Jolanda Garcia, KidsSoup Inc.

The farmer in the dell
The farmer in the dell
Heigh ho the derry-o
The farmer in the dell

The farmer plants a seed
The farmer plants a seed
Heigh ho the derry-o
The farmer plants a seed
A radish starts to grow
A radish starts to grow
Heigh ho the derry-o
A radish starts to grow
The radish is getting big
The radish is getting big
Heigh ho the derry-o
The radish is getting big
Let's pull the radish out
Let's pull the radish out
Heigh ho the derry-o
Let's pull the radish out
The radish tastes so good
The radish tastes so good
Heigh ho the derry-o
The radish tastes so good

SNACK TIME

Make a radish mouse!
Cut the green off a radish. Keep root for the tail. Cut slices for the ears and attach to the radish. Add little sugar pearls or peppercorns for the eyes.