Radish

The **radish** (*Raphanus sativus*) A crisp pungent round or bloated root, with a red or white skin, eaten raw. a plant of the mustard family that produces radishes.

Mt 17:20—*And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.*

A Radish is an edible root vegetable of the [Brassicaceae](http://en.wikipedia.org/wiki/Brassicaceae) family that was domesticated in Europe in pre-Roman times. They are grown and consumed throughout the world.

**Brassicaceae** or **Cruciferae**, also known as the **crucifers**, the **mustard family** or **cabbage family** is a [family](http://en.wikipedia.org/wiki/Family_(biology)) of flowering plants ([Angiospermae](http://en.wikipedia.org/wiki/Angiospermae" \o "Angiospermae)). The name Brassicaceae is derived from the included [genus](http://en.wikipedia.org/wiki/Genus) [*Brassica*](http://en.wikipedia.org/wiki/Brassica). **Cruciferae** is an older name, meaning "cross-bearing", because the four [petals](http://en.wikipedia.org/wiki/Petal) of their flowers form a [cross](http://en.wikipedia.org/wiki/Cross)

Radishes have numerous varieties, varying in size, color and duration of required cultivation time. There are some radishes that are grown for their seeds; oilseed radishes are grown, as the name implies, for oil production.

Summer radishes mature rapidly, with many varieties germinating in 3–7 days, and reaching maturity in three to four weeks.

Radish Seed

Radishes prefer the cool temperatures and short days of spring and late summer. Long-rooted types can tolerate heat and long days better. Plant in cool to warm soil (50-80F), 1/2 inch deep in rows 8-12 inches apart. Thin to 2 inches once germinated. Radishes are best grown quickly with plenty of water, and harvested promptly when ready as they do not 'keep' well in soil. Fertile soil, cool temperatures, and consistent moisture will yield the best crops.

Radishes can be categorized into four main types (summer, fall, winter, and spring) and a variety of shapes, colors, and sizes, such as red, pink, rose, lavender, purple, white, gray-black or yellow radishes, with round or elongated roots that can grow longer than a parsnip. There are red globe radish, black radish, daikon radish, white icicle radish, California mammoth white radish, Rat-tailed radish, Cherry Belle and French Breakfast.

**Nutritional value** Radishes are 90% water but rich in ascorbic acid, folic acid, and potassium as much as a banana. They are a good source of vitamin B6, vitamin A,B,C, riboflavin, magnesium, copper, and calcium. Radishes are high in minerals, and the leaves are also very nutritious, actually containing more Vitamin C (nearly six times as much) than the roots. A cup of sliced red radish bulbs provides approximately 20 calories, largely from carbohydrates.

Radishes help prevent cancer, diabetes, dissolve gall stones, reduce belly fat, cleanses the system

Beneficial for the teeth, gums, nerves, hair and nails. anti-itch, antibacterial, anti-fungal