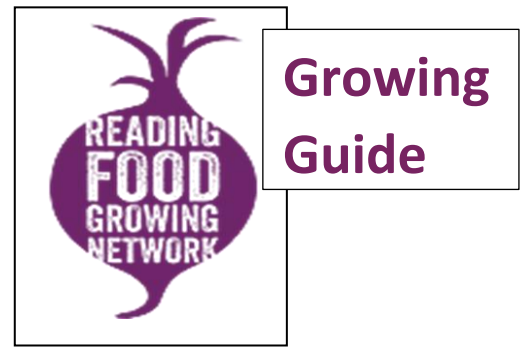


# Radishes



Plant group: Brassicas

Sow Directly: March - September

Harvest: April - November

## Choosing Seed

Use organic seed where possible. Good sources are:

The Reading Food Growing Network ([www.readingfoodgrowingnetwork.org.uk](http://www.readingfoodgrowingnetwork.org.uk)) seed swap events,

The Organic Gardening Catalogue ([www.organiccatalogue.com](http://www.organiccatalogue.com))

or The Seed Co-operative ([www.seedcooperative.org.uk](http://www.seedcooperative.org.uk)).

Try these varieties: French Breakfast, Cherry Belle, Eiszapfen

## Sowing and Planting

Sow outside from March onwards, in groups or thinly in rows 15cm apart. Sow in succession, say every two weeks, for a long supply, and thin out to 2 – 3cm between plants as necessary. Avoid areas that have had a recent addition of organic material, as this can cause the radishes to split. Try not to let them dry out, so keep well watered during dry spells.

## Harvesting

Radishes will be ready to eat in 4 to 6 weeks – pick them young and eat straight away. Your radish plants may attract Flea beetles, but these usually just make lots of small holes in the leaves and leave the root alone.

## Storing

Can be kept in the fridge for a few days, but best eaten soon after harvesting. Radishes can also be included in soups – check for recipes online.

## Growing in Containers

As they are small plants, it will be possible to grow radishes in a largish pot bearing in mind the spacing advice above. Use soil rather than compost, and make sure they don't dry out.