

Radish F1 Great Long White - Seeds - buy 1 get 1 free



Radish 1 packet contains Radish - 10 gm seeds.

Rating: Not Rated Yet

Price

Sales price R 105

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Description

Description for Radish F1 Great Long White

The radish (*Raphanus sativus*) is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. They are grown and consumed throughout the world. Radishes have numerous varieties, varying in size, colour 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. Radish can sprout from seed to small plant in as little as 3 days.

Also known as spring radishes, summer radishes, winter radishes, Oriental radishes, Daikon, Japanese radishes, Chinese radishes, *Raphanus sativus*

Common name	Flower colours	Bloom time	Height	Difficulty
spring radishes, summer radishes, winter radishes, Oriental radishes, Daikon, Japanese radishes, Chinese radishes	-	Spring and the fall	Height: 0.5 to 1.5 feet Spread: 0.5 to 0.75 feet	Easy

Planting and care

Sow daikon radish seeds about an inch deep and 2 inches apart (or follow instructions on your seed packet) in your freshly prepared garden bed. Thin seedlings to about 6 inches apart once they are 2 inches tall. Space rows about 2 feet apart. Sow new seeds every two weeks for a successive crop.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun, part shade, Yields best in full sun.	Requires well-drained soil, loose soil, high in organic	Water your daikon radishes regularly during dry weather.	Germination temperature: 55 F to 85 F	Daikon radishes should not need much feeding if

matter, free from stones, with pH 5.8 to 6.8. Needs plentiful, consistent moisture.

Try to keep the soil moist. Give them a good long soak as soon as the top of the soil dries out. Avoid over-watering. The soil should never be soggy. If roots are left to sit in too much water they are prone to rot.

planted in fertile soil. However, they may benefit from a dressing of compost tea a couple of times throughout the growing season. Avoid fertilizers that are high in nitrogen. They help to produce lush leaves but poor vegetables.

Caring for Radish F1 Great Long White

- Radishes require well-drained soil with consistent moisture.
- Thin radishes to about an inch apart when the plants are a week old. You will be amazed at the results.

Harvesting

Radishes will be ready to harvest quite rapidly, as three weeks after planting for some varieties.

Do not leave in the ground long after mature stage, their condition will deteriorate quickly.

Cut the tops off short, wash the radishes and dry them thoroughly. Store in plastic bags in the refrigerator.

Radish greens can be stored separately for up to three days.

Typical uses of Radish F1 Great Long White

Special features:

Culinary use:

Ginisang Radish Labanos with ground beef.

The most commonly eaten portion is the napiform taproot, although the entire plant is edible and the tops can be used as a leaf vegetable. It can also be eaten as a sprout.

The bulb of the radish is usually eaten raw, although tougher specimens can be steamed.

The raw flesh has a crisp texture and a pungent, peppery flavor, caused by glucosinolates and the enzyme myrosinase which combine when chewed to form allyl isothiocyanates, also present in mustard, horseradish, and wasabi.

Radish leaves are sometimes used in recipes, like potato soup or as a sauteed side dish. They are also found to benefit homemade juices; some recipes even calling for them in fruit-based mixtures.

Radishes may be used in salads, as well as in many European dishes.

Medicinal use:

Blood Pressure: Radishes are a great source of potassium, which has been found to help regulate blood pressure.

Blood Sugar Control: Radishes have a low impact on blood sugar levels. They are very low on the glycemic index, which means that diabetics can eat them without worrying about their insulin levels.

Cancer Prevention: Radishes are part of the Brassica family, otherwise known as cruciferous vegetables. Research suggests that the antioxidants and other compounds in cruciferous vegetables help in the prevention of cancer. In addition, radishes are high in fibre, which helps fight colon cancer, while compounds known as isothiocyanates affect genetic pathways in cancer cells, even inducing apoptosis (cancer cell death).

Detoxification: Radishes are believed to be a useful treatment for jaundice because they may help to purify the blood and raise oxygen levels.

Digestive Health: Radishes stimulate the production of bile. Maintaining a healthy level of bile production is beneficial for digestion, as well as liver and gallbladder health. Additionally, radishes can be used to treat constipation, because they are very high in fiber.

Diuretic: Diuretic in nature, radishes help with kidney and liver function and may be beneficial in the treatment of urinary disorders.

Heart Health: Studies have found that the antioxidants in radishes may reduce cholesterol levels in the body, which in turn will lower the risk of heart disease and heart attack. The fibre, vitamins and minerals in radishes make them a smart choice for cardiovascular health. They have been shown to regulate blood pressure and blood sugar levels.

Insect Bites: It has anti pruritic properties and can be used as an effective treatment for insect bites, stings of bees, hornets, wasps etc. Its juice also reduces pain and swelling and soothes the affected area.

Respiration: If you have chronic bronchial flare-ups, sinus infections or asthma, radishes can act as a natural decongestant.

Skin Disorders: Vitamin-C, phosphorus, zinc and some members of vitamin-B complex, which are present in radish, are good for skin. The water in it helps maintaining moisture of the skin. Smashed raw radish is a very good cleanser and serves as a very efficient face pack. Due to its disinfectant properties, radish also helps cure skin disorders, such as drying up, rashes, cracks etc. and also refreshes it.

Weight Loss: Because radishes are high in fibre, low in calories, and low on the glycemic index, they make a great part of any weight loss diet.

References

<http://www.growthis.com/how-to-grow-daikon/>