

Watermelon Radish

Look:

Watermelon radishes have a bright pink center with a white edge and a greenish to white rind which is how they got their name.

Taste:

Nope, they don't taste like watermelon. They have a subtly sweet, mild, and peppery flavor!

Touch:

The radish skin is smooth, and taut. They should feel heavy for their size since they are about 93% water!



Watermelon Radishes can range in size from a golf ball to a softball!



Did you know?

Watermelon radishes contain a compound, called isothiocyanate, which is a natural pest repellent. This means that the radish naturally helps keep away weeds and pests!

Nutritionals

Vitamin C



Strengthens the immune system, reduce inflammation, and boost collagen production within the skin.

Calcium



Builds strong bones and teeth

Vitamin A



Maintains healthy organ function

Potassium



Balances fluid levels