

Radish

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Radish regulates sex hormones, blood sugar, and the metabolism of fats and carbohydrates

GEEK TALK

Raphanus Sativus

BUT WE TALK

Radish

DID YOU KNOW?

In Greek, Raphanus means “quickly appearing” and it fits perfectly for the fast sprouting of the Radish plant which can last a mere 3 days. Due to the lack of archeological evidence, no one knows for sure where radish is native to, but economic botanist Daniel Zohary believes it originated in West Asia and Europe.

Radishes have numerous varieties consisting of many colors including red, pink, white, grey, and yellow; sizes, and durations of cultivation time. The bulb of the radish is often eaten raw or steamed to soften it up.

KITCHEN PHARMACY

- Radishes are a great source of Manganese, which helps ensure a healthy bone structure, helps the body absorb Calcium, regulates sex hormones, blood sugar, and the metabolism of fats and carbohydrates.
- Radishes also contain Calcium, Magnesium, Copper, Fiber, Vitamin C, and Potassium. Radishes can be used as a treatment for many ailments including whooping cough, arthritis, liver problems, constipation, dyspepsia, gallstones, kidney stones, and intestinal parasites.