

# *RADISH*

## **Datasheet**

**Name:** Radish

**Scientific Name:** *Raphanus sativus*

### **Cultivation Characteristics:**

#### **1. Climate:**

- Radish is a plant that thrives in cool and temperate climates.
- The optimal temperature for radish growth is between 15°C and 20°C.
- It can tolerate lower temperatures but not higher than 25°C to avoid slow growth and inferior root quality.

#### **2. Sunlight:**

- Radish requires good exposure to sunlight for healthy growth and proper root formation.
- Radish plants need at least 6-8 hours of direct sunlight per day.

#### **3. Soil Type:**

- The ideal soil for radish cultivation should be well-drained, light, and rich in organic matter.
- The pH of the soil should range between 6.0 and 7.5.
- Sandy or sandy-loam soils are preferred to promote adequate drainage.

#### **4. Sowing:**

- Radish is generally cultivated through direct sowing.
- Radish seeds are buried at a depth of 1-2 cm in the soil.

#### **5. Planting Distance:**

- The recommended planting distance for radishes depends on the variety and desired size of the roots.
- Usually, it is advisable to plant the seeds at a distance of 5-10 cm from each other, with rows spaced 15-30 cm apart.

#### **6. Irrigation:**

- Radishes require regular irrigation to keep the soil moist but not waterlogged.
- Lack of water can cause slow growth and small or woody roots.
- Avoid excessive water that can lead to root rot.



## **7. Fertilization:**

- Before sowing or transplanting, you can incorporate slow-release fertilizer with a balanced formulation of nitrogen, phosphorus, and potassium into the soil.
- During radish growth, the application of nitrogen-based fertilizers can promote root development.

## **8. Weed and Disease Control:**

- Keep the radish cultivation area free from weeds that can compete for nutrients and water.
- Monitor the plants carefully for signs of diseases like root rot, downy mildew, or powdery mildew.
- Apply targeted phytosanitary treatments in case of infestations, following the manufacturer's instructions and respecting waiting periods.

## **9. Harvesting:**

- Radishes are ready for harvesting when the roots have reached the desired size and are crisp to the touch.
- Usually, you can start harvesting radishes after 20-30 days from sowing.
- Use a sharp knife to cut the top of the roots, remove the leaves, and clean the roots from the soil.

## **10. Characteristics:**

- Provides vitamin C.
- Contains B vitamins, such as thiamine, niacin, and riboflavin.
- Provides minerals like potassium, calcium, magnesium, and phosphorus.
- Rich in dietary fiber, contributing to digestive health.
- Possesses anti-inflammatory properties that can help reduce inflammation in the body.
- Contains antioxidants, such as polyphenols, which can protect the body from free radical damage.
- Low calorie density, mainly composed of water.
- May promote heart health due to the presence of potassium and antioxidants.
- Contributes to maintaining bone and dental health due to the content of calcium and phosphorus.
- Supports the immune system with the presence of vitamin C.
- May help regulate blood pressure due to the potassium content.
- Possesses diuretic properties that can promote the elimination of toxins through urine.
- May stimulate appetite and aid digestion due to its bitter properties.