

Watermelon Radish Information Sheet

Today's Farm to School Snack features local watermelon radish!

While watermelon radishes originated in China, the radishes you will be trying today were grown locally at:

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How Does It Grow?

Watermelon radishes are a type of heirloom daikon radish, known for their larger size, milder flavor, and beautiful pink center, which resembles a watermelon. In Nova Scotia, watermelon radish seeds are planted in late spring. With plenty of sunlight and moist soil, the seeds sprout within 5-10 days. Over the next two months, the radishes grow into round root vegetables. Once they reach the size of a small ball, farmers pull them from the soil. Watermelon radishes can be enjoyed raw in salads or sandwiches, pickled, roasted, or sautéed.



Fun Facts

- Even though watermelon radishes look like the inside of a watermelon, they don't taste like one. They have a mild, slightly peppery flavor instead!
- In China, watermelon radishes are called "Xin Li Mei" or "Shinrimei", which means "beautiful heart."

Around the World

Watermelon radishes are a unique variety of radish that originated near Beijing, China, over 2,000 years ago. In Beijing, people traditionally enjoy watermelon radishes as a snack, peeled and dipped in sweet bean sauce. They are also used in food decorations or eaten raw to showcase their beautiful colors. The Night of the Radishes is a folk art festival held in Mexico every December, where sculptors compete to craft intricate carvings from large radishes.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include radishes.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this colorful snack!

Find more resources at www.nourishns.ca