

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7500 students in Western Nevada County will sample **Purple Daikon** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Slice thin and add to salads, slaws, or sandwiches
- Grate to use as a condiment
- Add texture and nutrition to stews, curries, and soups

Purple Daikon

Purple Daikon and Carrot Slaw

Ingredients:

- 2-3 Purple daikon radishes
- 2-3 carrots
- 2 Tbsp sesame oil
- 2 Tbsp rice vinegar
- 1 Tbsp honey
- 1 Tbsp soy sauce
- 1 lime, juiced
- 1 tsp grated ginger
- Optional: sliced green onions or sesame seeds to garnish

1. Slice daikon and carrots into matchstick sized pieces, or coarsely grate, and place in a bowl.
 2. Combine sesame oil, rice vinegar, honey, lime juice, and garlic for dressing.
 3. Pour dressing over daikon and carrots, and mix until coated.
 4. Top slaw with garnishes, if desired.
- Enjoy!



The Barrett family at Starbright Acres Family Farm

Starbright Acres Family Farm produces certified organic nutritious, delicious, planet friendly food for our local community. They also support our local food network by hosting field trips, getting involved with local schools & agricultural programs, selling vegetable starts, and sharing farming knowledge with community members. You can find their produce at Briarpatch Food Coop, the farmers markets in Nevada City and at the North Star House, or at their on-site farm store one mile from the Nevada County Fairgrounds.



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Purple Daikon Fun Facts

Daikon radish is a cool weather root vegetable.

The word 'daikon' is Japanese for "great root."

It is grown primarily for its tuber, but the entire plant is edible.

The most commonly grown variety of daikon radish is large and white, though it can be found in varying hues of red, pink, black, and purple as well.



Science

The Purple daikon radish is botanically classified as *Raphanus sativus* var. *longipinnatus* and is a member of the Brassicaceae or mustard family.

Nutrition

Purple daikon radish is an excellent source of fiber and vitamin C, particularly when eaten raw, and contains flavonoids and the antioxidants.

Purple daikon also contains vitamin B6, folate, and minerals such as potassium, calcium, magnesium, and iodine.

The leafy greens of the Purple daikon are edible and offer a significant amount of vitamin C as well.

History

Daikon radishes are native to Asia where they have been cultivated for thousands of years.

Evidence of the earliest known radishes can be found dating back to 2780 BC Egypt where they are thought to be consumed by the workers building the pyramids.

In Japan today daikon type radishes are the most commercially produced vegetable grown.



Culture

The leaves of Purple daikon radishes are used in the popular pickled Korean condiment known as kimchi.

In Japan the root of Purple daikon radishes is known for its high vitamin C content as well as for their enzymes which have natural decongestant properties. As a result grated Purple daikon combined with honey is used to make a natural cough syrup.