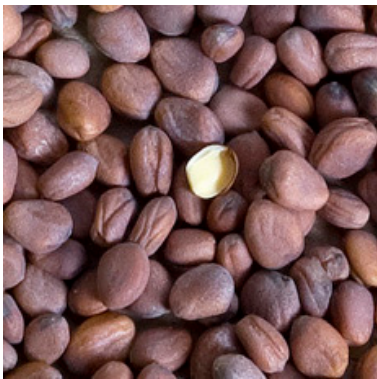
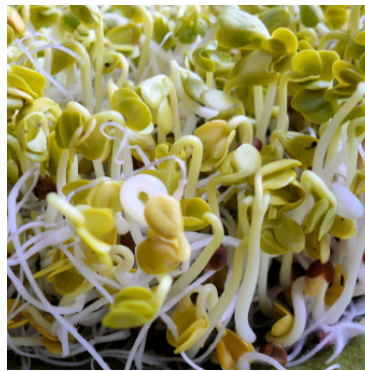


## DAIKON RADISH - Sprouts and microgreens

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	3-6	5-14	5 : 1	n/d



Seeds



Sprout / 5 days



Shoots / 8 days

**Taste** Strong radish flavor.

**Appearance** The Daikon radish seed is medium-sized and reddish-brown in color. Shoot is soft green and very delicate.

**Nutrient** The Daikon contains A, B1, B2, C vitamins and minerals: calcium, iron, zinc, potassium, magnesium, sodium, phosphorus.

**Use** Will complement any cooked dish or various salads.

**Tip** Formation of small white rootlets at the base of the sprout, resembling mold, indicates that it is thirsty and needs bathing.

**Note:** The sprouted radish easily ferments and dehydrates: it must be frequently rinsed (3 to 4 times per day) and moisten.