

Radieschen

Beschreibung

Radieschen, Radies, Monatsrettich, Raphanus sativus var. sativus, small radish, radish, radis de tous les mois, petit radis.

Die Radieschen sind rund, zylindrisch oder rübenähnlich. Sie sind weiss, weissrot, rot, rosa oder violett. Die Radieschen sind im Anbau unproblematisch und können das ganze Jahr hindurch gepflanzt und geerntet werden. Ihr Geschmack ist zugleich mild und scharf.

Geschichte

Wilde Radieschen wurden in China und auch in Asien gefunden. Im Altertum wurden die Radieschen in China und Japan als Zierpflanzen gehalten. Erst um 1600 wurden sie in Mitteleuropa bekannt. Heute sind sie weltweit zu finden.

Vitamine

A	0.004
D	0
E	0.05
K	-
B ₁	0.03
B ₂	0.03
Niacin	0.25
B ₆	0.06
Folsäure	0.024
Pantothensäure	0.18
Biotin	0.001
B ₁₂	0
C	29

Mineralstoffe

Natrium	17
Kalium	255
Kalzium	34
Magnesium	8
Phosphor	26
Schwefel	37
Chlor	44
Eisen	1.5
Zink	0.199
Kupfer	0.053
Mangan	0.08
Fluor	0.07
Jod	0.008

Nährstoffe

Kilojoule

g pro 100g
61

Legende

g = Gramm mg = Milligramm = Tausendstel Gramm

µg = Mikrogramm = Tausendstel Milligramm

Wo nicht anders vermerkt gilt mg

Quelle: <http://www.mediatime.ch/gemuese/index.htm>



Gesundheitliche Wirkung Radieschen

Die Wirkstoffe regenerieren die Schleimhäute und helfen beim Abhusten. Die ätherischen Öle regen die Verdauung an und erhöhen die Gallenproduktion.

Eine kleine Kulturgeschichte des Radieschens

<http://www.ichkoche.at/Radieschen/Magazin/Ess-Genuss/Gemuese/index/html/11166>

Obwohl das Radieschen als eine der ältesten Kulturpflanzen der Weltgeschichte überhaupt gilt, so bleibt seine exakte Herkunft weitgehend im Unklaren. Es dürfte wohl aus dem asiatischen Raum stammen, vermutlich aus dem Nahen Osten oder aus China. Sicher ist aber, dass die Rettichvariation bereits schon bei den alten Ägyptern und Babyloniern bekannt war. Bis sich die scharfe Wurzelknolle jedoch auch in Europa etabliert hatte, musste sie bis ins 16. Jahrhundert warten, als das Radieschen schließlich langsam in der französischen Küche Anerkennung fand.

Von dort verbreitete es sich in ganz Europa und ist bis heute ein weltweit beliebtes Gemüse. Sein Name leitet sich übrigens von dem lateinischen Wort für Wurzel, radix, ab.

Biologisches

Das Radieschen gehört der großen Familie der Kreuzblütler an, zu denen auch ihr naher Verwandter, der Rettich, zählt. Fälschlicherweise wird oft angenommen, dass das Radieschen nichts anderes als ein kleiner Rettich ist. Eine Behauptung, die allerdings nicht ganz richtig ist. Es handelt sich hier nämlich um zwei unterschiedliche Ausformungen derselben Art. Die Raphanus sativus var. sativus, wie das Radieschen exakt auf Lateinisch bezeichnet wird, ist nicht nur optisch gänzlich anders, sondern hat auch eine wesentlich kürzere Wachstumszeit. Das Radieschen bildet sich dabei aus dem Hypokotyl aus, das die Zone zwischen den Wurzeln der Pflanze und ihren Keimblättern bezeichnet. Auch ist Radieschen nicht gleich Radieschen. Neben der bekanntesten rosaroten kugeligen Knolle gibt es das knackige Gemüse auch in allerlei anderen Variationen – von weiß bis violett und von klein und rund bis lang und karottenförmig. Sein Fleisch bleibt jedoch im Inneren stets schneeweiß.

Für Körper und Gesundheit

Die Popularität des Radieschens als frisch würziger Frühlingsbote verdankt es seinem ätherischen Öl namens Allylsenföl, das sich unter der Schale befindet. Durch sein scharfes Aroma macht das Radieschen wahrlich Appetit, hilft zugleich kräftig bei der Verdauung mit und bleibt trotz allem mit nur 15 Kalorien pro 100 g ein Genuss ohne Reue. Es putzt die Atemwege frei und wird daher gerne als heilende Kost bei Bronchitis oder Asthma empfohlen. Was die Vitamine betrifft, so kann das auch Monatsrettich genannte Radieschen mit Vitamin C das Immunsystem unterstützen und den Organismus auch mit Kalium und Folsäure versorgen.

Worauf muss ich beim Kochen achten

Das Radieschen ist fast schon ein Klassiker auf jeder kalten Platte. Lediglich die Wurzeln müssen entfernt werden, die Schale kurz gewaschen und schon steht dem Genuss nichts mehr im Wege. Je nach persönlicher Vorliebe sollte man aber darauf achten, ob man im Handel Radieschen aus Freilandanbau oder aus dem Glashaus kauft. Schlagen die zarten Radieschen ihre Wurzeln unter freiem Himmel, so enthalten sie meist auch mehr ätherische Öle unter der Schale und schmecken daher ungleich schärfer als ihre unter Glas behüteten Genossen. Was häufig nicht gewusst wird, ist, dass auch die Blätter sowie die keimenden Samen der Radieschen ohne weiteres verarbeitet werden können. Während man die grünen Blätter ähnlich dem Blattspinat zubereitet, so schmecken die Keimlinge als Kresse-Ersatz in Salaten oder schlicht auf dem Butterbrot besonders gut.

Rezepte zum Probieren

[Crostini mit Radieschen und Thunfisch](#)

[Radieschen mit selbstgemachtem Frischkäse](#)

[Radieschen-Frischkäse](#)

[Tomaten-Mozzarella-Spießchen mit Radieschenblätter-Pesto](#)

Radish

From Wikipedia, the free encyclopedia

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This article is about the vegetable. For the band, see [Radish \(band\)](#).

Radish



Radishes

Scientific classification

Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Brassicales
Family:	Brassicaceae
Genus:	<i>Raphanus</i>
Species:	<i>R. sativus</i>

Binomial name

Raphanus sativus
[L.](#)

The **radish** (*Raphanus sativus*) is an [edible root vegetable](#) of the [Brassicaceae](#) family that was domesticated in [Europe](#) in pre-[Roman](#) time. They are grown and consumed throughout the world. Radishes have numerous varieties, varying in size, color and duration of required cultivation time. There are some radishes that are grown for their seeds; oilseed radishes are grown, as the name implies, for oil production.

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[\[edit\]](#) History

The descriptive Greek name of the genus *Raphanus* means "quickly appearing" and refers to the rapid germination of these plants. Raphanistrum from the same Greek root is an old name once used for this genus. The common name "radish" is derived from Latin (Radix = root).

Although the radish was a well-established crop in [Hellenistic](#) and [Roman](#) times, which leads to the assumption that it was brought into cultivation at an earlier time, Zohary and Hopf note that "there are almost no archeological records available" to help determine its earlier history and domestication. Wild forms of the radish and its relatives the [mustards](#) and [turnip](#) can be found over west Asia and Europe, suggesting that their domestication took place somewhere in that area. However Zohary and Hopf conclude, "Suggestions as to the origins of these plants are necessarily based on linguistic considerations."^[1]

[\[edit\]](#) Cultivation



Growing radish plants

Summer radishes mature rapidly, with many varieties germinating in 3–7 days, and reaching maturity in three to four weeks.^{[2][3]} A common garden crop in the U.S., the fast harvest cycle makes them a popular choice for children's gardens.^[2] Harvesting periods can be extended through repeated plantings, spaced a week or two apart.^[4]

Radishes grow best in full sun^[5] and light, sandy loams with pH 6.5–7.0.^[6] They are in season from April to June and from October to January in most parts of North America; in Europe and Japan they are available year-round due to the plurality of varieties grown.^[citation needed]

As with other root crops, tilling the soil helps the roots grow.^[4] However, radishes are used in no-till farming to help reverse compaction.

Most soil types will work, though [sandy loams](#) are particularly good for winter and spring crops, while soils that form a hard crust can impair growth.^[4] The depth at which seeds are planted

affects the size of the root, from 1 cm (0.4 in) deep recommended for small radishes to 4 cm (1.6 in) for large radishes.^[3]

[\[edit\]](#) Varieties

Broadly speaking, radishes can be categorized into four main types (summer, fall, winter, and spring) and a variety of shapes, colors, and sizes, such as red, pink, white, gray-black or yellow radishes, with round or elongated roots that can grow longer than a [parsnip](#).

[\[edit\]](#) Spring or summer radishes

Sometimes referred to as European radishes or spring radishes if they're planted in cooler weather, summer radishes are generally small and have a relatively short 3–4 week cultivation time.^[citation needed]

- The April Cross is a giant white radish hybrid that [bolts](#) very slowly.
- Cherry Belle is a bright red-skinned round variety with a white interior.^[2] It is familiar in North American supermarkets.
- Champion is round and red-skinned like the Cherry Belle, but with slightly larger roots, up to about 5 cm (2 in), and a milder flavor.^[2]
- Red King has a mild flavor, with good resistance to club root, a problem that can arise from poor drainage.^[2]
- Snow Belle is an all-white variety of radish, similar in shape to the Cherry Belle.^[2]
- White Icicle or just Icicle is a white carrot-shaped variety, around 10–12 cm (4–5 in) long, dating back to the 16th century. It slices easily, and has better than average resistance to pithiness.^{[2][3]}
- French Breakfast is an elongated red-skinned radish with a white splash at the root end. It is typically slightly milder than other summer varieties, but is among the quickest to turn pithy.^[3]
- Plum Purple a purple-[fuchsia](#) radish that tends to stay crisp longer than average.^[3]
- Gala and Roodbol are two varieties popular in the Netherlands in a breakfast dish, thinly sliced on buttered bread.^[2]
- Easter Egg is not an actual variety, but a mix of varieties with different skin colors,^[3] typically including white, pink, red, and purple radishes. Sold in markets or seed packets under the name, the seed mixes can extend harvesting duration from a single planting, as different varieties may mature at different times.^[3]

[\[edit\]](#) Winter varieties



Daikon

Black Spanish or Black Spanish Round occur in both round and elongated forms, and are sometimes simply called the black radish or known by the French name *Gros Noir d'Hiver*. It dates in Europe to 1548,^[7] and was a common garden variety in England and France the early

19th century.^[8] It has a rough black skin with hot-flavored white flesh, is round or irregularly pear shaped,^[9] and grows to around 10 cm (4 in) in diameter.

Daikon refers to a wide variety of winter radishes from east Asia. While the Japanese name daikon has been adopted in English, it is also sometimes called the Japanese radish, Chinese radish, or Oriental radish.^[10] In areas with a large South Asian population, it is marketed as *moli*. Daikon commonly have elongated white roots, although many varieties of daikon exist. One well known variety is April Cross, with smooth white roots.^{[2][3]} The New York Times describes Masato Red and Masato Green varieties as extremely long, well suited for fall planting and winter storage.^[2] The **Sakurajima** daikon is a hot-flavored variety which is typically grown to around 10 kg (22 lb), but which can grow to 30 kg (66 lb) when left in the ground.^{[2][11]}

[edit] Seed pod varieties



 Radish Seedpods

The seeds of radishes grow in **siliques** (widely referred to as **Pods**, but technically this is incorrect), following flowering that happens when left to grow past their normal harvesting period. The seeds are edible, and are sometimes used as a crunchy, spicy addition to salads.^[3] Some varieties are grown specifically for their seeds or seed pods, rather than their roots. The Rat-tailed radish, an old European variety thought to have come from East Asia centuries ago, has long, thin, curly pods which can exceed 20 cm (8 in) in length. In the 17th century, the pods were often pickled and served with meat.^[3] The München Bier variety supplies spicy seeds that are sometimes served raw as an accompaniment to beer in Germany.^[12]

[edit] Nutritional value

Radish, raw, root only

Nutritional value per 100 g (3.5 oz)

<u>Energy</u>	66 kJ (16 kcal)
<u>Carbohydrates</u>	3.40 g
<u>Sugars</u>	1.86 g
<u>Dietary fiber</u>	1.6 g
<u>Fat</u>	0.10 g
<u>Protein</u>	0.68 g
<u>Thiamine (Vit. B1)</u>	0.012 mg (1%)
<u>Riboflavin (Vit. B2)</u>	0.039 mg (3%)
<u>Niacin (Vit. B3)</u>	0.254 mg (2%)

Pantothenic acid (B5)	0.165 mg (3%)
Vitamin B6	0.071 mg (5%)
Folate (Vit. B9)	25 µg (6%)
Vitamin C	14.8 mg (25%)
Calcium	25 mg (3%)
Iron	0.34 mg (3%)
Magnesium	10 mg (3%)
Phosphorus	20 mg (3%)
Potassium	233 mg (5%)
Zinc	0.28 mg (3%)

Percentages are relative to US [recommendations](#) for adults.

Source: [USDA Nutrient database](#)

Radishes are rich in [ascorbic acid](#), [folic acid](#), and [potassium](#). They are a good source of [vitamin B6](#), [riboflavin](#), [magnesium](#), [copper](#), and [calcium](#). One cup of sliced red radish bulbs provides approximately 20 [calories](#), largely from [carbohydrates](#).^{[[citation needed](#)]}

[\[edit\]](#) Uses

[\[edit\]](#) Cooking

The most commonly eaten portion is the napiform [taproot](#), although the entire plant is edible and the tops can be used as a [leaf vegetable](#).

The bulb of the radish is usually eaten raw, although tougher specimens can be steamed. The raw flesh has a crisp texture and a pungent, peppery flavor, caused by [glucosinolates](#) and the enzyme [myrosinase](#) which combine when chewed to form [allyl isothiocyanates](#), also present in [mustard](#), [horseradish](#) and [wasabi](#).

Radishes are used in salads, as well as in many European dishes.

[\[edit\]](#) Medicine

Radishes are suggested as an [alternative](#) treatment for a variety of ailments including [whooping cough](#), [cancer](#), [coughs](#), gastric discomfort, [liver](#) problems, [constipation](#), [dyspepsia](#), [gallbladder](#) problems, [arthritis](#), [gallstones](#), [kidney stones](#)^{[[13](#)]} and [intestinal parasites](#).^{[[14](#)]}

[\[edit\]](#) Industry

The seeds of the *Raphanus sativus* species can be pressed to extract [seed oil](#). Wild radish seeds contain up to 48% oil content, and while not suitable for human consumption the oil is a potential source of [biofuel](#).^{[[15](#)]} The oilseed radish grows well in cool climates.^{[[16](#)]}

[\[edit\]](#) Culture

Citizens of Oaxaca, Mexico celebrate the radish in a festival called Noche de los Rábanos ([Night of the Radishes](#)) on December 23 as a part of Christmas La Navidad celebrations. Locals carve religious and popular figures out of radishes and display them in the town square.^{[[17](#)]}

[[edit](#)] Gallery



Harvested summer radishes.



Cut-through radishes; showing the difference between fresh and degraded radishes ^{[[citation needed](#)]}

[Explanation needed](#)



Red radish



The flowers have 4 petals, typical of [Brassicaceae](#) (the mustard family).



Radish processed in pie



Indian vegetable salad containing lemon, tomato, radish, beetroot, cucumber and green chillies

[[edit](#)] Notes

- [^] Daniel Zohary and Maria Hopf, *Domestication of plants in the Old World*, third edition (Oxford: University Press, 2000), p. 139
- [^] [a b c d e f g h i i k](#) Faust, Joan Lee. (1996-03-03.) "[Hail the Speedy Radish, in All Its Forms.](#)" *The New York Times*, via nytimes.com archives. Retrieved on 2007-09-27.
- [^] [a b c d e f g h i i](#) Peterson, Cass. (1999-05-02.) "[Radishes: Easy to Sprout, Hard to Grow Right.](#)" *The New York Times*, via nytimes.com archives. Retrieved on 2007-09-27.
- [^] [a b c](#) Beattie, J. H. and W. R. Beattie. (March 1938.) "[Production of Radishes.](#)" U.S. Department of Agriculture, leaflet no. 57, via University of North Texas Government Documents A to Z Digitization Project website. Retrieved on 2007-09-27.
- [^] [Cornell University. Growing Guide: Radishes](#)
- [^] Dainello, Frank J. (November 2003.) "[Radish Crop Guide](#)" Texas Cooperative Extension, Horticulture Crop Guides Series
- [^] Aiton, William Townsend. (1812.) "[Hortus Kewensis; Or, A Catalogue of the Plants Cultivated in the Royal Botanic Garden at Kew, Second Edition, Vol. IV](#)" Longman, Hurst, Rees, Orme, and Brown: London. Page 129. Retrieved on 2007-09-28.
- [^] Lindley, George. (1831.) "[A Guide to the Orchard and Kitchen Garden: Or, an Account of the Most Valuable Fruit and Vegetables Cultivated in Great Britain.](#)" Longman, Rees, Orme, Brown, and Green: London. Retrieved on 2007-09-28.
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- [^] (2004.) "[Daikon.](#)" *The American Heritage Dictionary of the English Language, Fourth Edition*, Houghton Mifflin Company, via dictionary.com. Retrieved on 2007-09-28.
- [^] (2002-02-10.) "[29 kg radish wins contest.](#)" *Kyodo World News Service*, via highbeam.com (fee for full access.) Retrieved on 2007-09-28.

12. [^] Williams, Sally (2004) "[With Some Radishes, It's About The Pods](#)", Kitchen Gardners International. Retrieved on June 21, 2008.
13. [^] [Healing foods page for radishes](#)
14. [^] [Plants for the Future page on radishes](#)
15. [^] "[Plant Oils as Fuel: Radish oil](#)". <http://www.plantoils.in/uses/fuel/fuel.html>.
16. [^] "[Oilseed radish](#)". http://www.covercrops.msu.edu/CoverCrops/O_Radish/oilseed_radish.htm.
17. [^] "[Christmas in Oaxaca](#)". <http://www.christmas-in-oaxaca.com/night-of-radish.htm>.

[[edit](#)] External links



Wikimedia Commons has media related to: [Radish](#)

- [Multilingual taxonomic information from the University of Melbourne](#)
- [Production of radishes](#) hosted by the [UNT Government Documents Department](#)
- [Discovered Bibliography \(*Raphanus sativus*\) in the Biodiversity Heritage Library](#)

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