

# Radish



Radish is well known all around the world. The radish microgreens are very nutritious and popular. Many varieties of radish are available with different colors from ranges of red-pink-purple to yellow and green. The radish microgreen is crispy, and its taste is sweet and pleasantly peppery also. The radish microgreen is a good source of vitamin C, energy and carbohydrates. It also contains zinc, potassium, folate, manganese, copper, sodium, phosphorus, dietary fiber, niacin, riboflavin, vitamin B1 & B6, calcium, iron, magnesium and so much more.

## HEALTH BENEFITS

- • Natural diuretic
- • Anti-fungal and anti-bacterial
- • Detoxifying food
- • Has anti-inflammatory properties
- • Helps prevent lung cancer
- • Recommended in jaundice treatment
- • Contributes to purifying the blood
- • Beneficial for weight management
- • Proven to be beneficial in urinary disorders
- • Helps with constipation
- • Helps cleanse the body
- • Soothes the digestive system
- • Relieves congestion, good for allergies, infections or colds
- <http://www.microplantsrobert.com/en/microgreens-radish.html>

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