

DAIKON



CHARACTERISTICS

Raphanus sativus var. *Longipinnatus*

Open pollinated

Late summer to early autumn

Direct sow

5 - 10

Full sun

10 - 22°C

10 - 15 cm

30 - 40 cm

1 - 1.5 cm

50 - 70

Raw, pickled, roasted, stir-fry, salads, Asian dishes, digestive tonics

Fat burner, diuretic, antioxidant, skin healing, anti-bacterial, digestion, purifying, bone health

 ± 120

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SUPERFOOD