

DAÏKON RADISH

Soaking ***	Germination ***	Sprout ***	Watering ***	Conservation ***
12 hours	4 days	8 days	3-4 times / day	4-5 days (fresh)



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.