

HERE'S WHY RADISH MICROGREENS ARE ALWAYS PART OF HEIRLOOM MIX:

Radish microgreens taste like radish but are rich in beneficial nutrients, such as enzymes, antioxidants, protein, and minerals. If you are also looking for vitamins in microgreens, radish has them all. Research states that radish microgreens are more effective at preventing cancer than broccoli microgreens. There are so many health benefits to eating radish microgreens.

1. IMPROVES THE CARDIOVASCULAR SYSTEM

According to research findings, radish microgreens contain large deposits of folate. Folate is known to promote cardiovascular health by breaking down an amino acid known as homocysteine, which is believed to promote atherosclerosis (fatty deposits in the blood vessels).

Half of the people suffering from cardiovascular disease have high homocysteine levels compared with 5 percent of the general population. Apart from folate, radish microgreens also contain a lot of vitamin B6, which research has shown that it's capable of breaking down homocysteine in one's body, another reason to go for the nutrition in microgreens.

2. PROMOTE DIGESTION

Multiple studies have shown that radish microgreens may be helpful in promoting digestive health. Some people experience digestive issues and one of the ways to eradicate such is by ensuring that your plate contains a portion of radish microgreens. An animal study showed that an extract of Chinese radish microgreens helps to improve bile flow.

The essence of bile is to help breakdown fats and enhance digestion. Daikon and Chinese radish microgreens possess strong radish flavor with a dash of pepper-like background taste. That's why they are the most preferred in sushi, salads, and also used as a garnish.

3. GOOD FOR THE SKIN

If you consume radish microgreens daily, you will be doing your skin a favor by giving it special boosters to remain healthy. That's because it contains Vitamin C, phosphorus, and zinc. According to research, one of the health benefits of radish microgreens is keeping acne, dryness, pimples, and rashes at bay.

4. CANCER PREVENTIVE

Broccoli microgreens are incredibly high in glucosinolate and have been recognized for their anti-cancer effects, but here comes the surprise. Radish microgreens may possess a higher anti-cancer potential than any other microgreen, including broccoli, according to research funded by Rural Industry Research and Development Corporation from Australia.

After analyzing the glucosinolate content from different edible microgreens, radish and broccoli came out on top of the list with daikon and white radish microgreens ranking high.

5. HELPS IN WEIGHT LOSS

Radish microgreens are a suitable choice for those trying to lose belly fat and weight in general. They are low in calories and high in vitamin C. The body requires Vitamin C to make a compound known as carnitine, which helps the body convert fat into fuel rather than store it as body fat.

6. IMPROVES IMMUNITY

Low immune leaves your body vulnerable to diseases. You should, therefore, consume foods that enhance your immunity. Radish microgreens are high in Vitamin C, which protects your body from common cold and cough, and they also strengthen your basic immunity system.

However, it's recommended that you consume them regularly. Studies have also shown that radish microgreens control the development of harmful free radicals, early aging, and inflammation, just like *kale microgreens*.

7. CONTROLS BLOOD PRESSURE

Radish microgreens provide your body with potassium according to studies, and it can help lower your blood pressure and maintain your blood flow, especially if you suffer from hypertension.

8. HIGH ON FIBER

It's no brainer that you need fiber in your body. Research has proved countless times that fiber improves your digestion. If you eat enough radish microgreens every day, your body will be provided with ample roughage and fibers, which will enhance the way your food is digested.

The fiber gained from radish also regulates bile production, takes care of water retention, and safeguards your liver.

9. RADISH MICROGREENS IMPROVES HYDRATION

Health practitioners always recommend you to take eight ounces of water every day, but you shouldn't depend on water alone to keep your body hydrated. You can also eat foods that boost your body's water content.

You should eat more radish microgreens, especially during summer, to keep your body hydrated because they contain high water content. In fact, you should consume them daily on top of taking the recommended amount of water.

10. DETOXIFIES YOUR BLOOD

Radishes are perfect for both your liver and stomach since they act as powerful detoxifiers. Radish microgreens reduce the destruction of red blood cells by increasing the supply of fresh oxygen to your blood.

According to multiple studies, vitamin C in radish helps prevent cell damage from free radicals and also repairs them and heals wounds.

CONCLUSION

From the ten points above, it's clear that most of your health issues can be solved by one serving of radish microgreens daily and they are so beautiful and delicious!