



长白萝卜 (cháng bái luó bō,  
Mandarin), मूली (Muli, Hindi),  
ડાબકાસ મૂળી (dā'ikōna mūlō,  
Gujarati), Dabocase (Somali)

# Daikon Radish

*a taste of Asia on the Floridian table*

Daikon is a long white radish that is most popular in East Asian cuisines. Evidence suggests that it originated in continental Asia and migrated to East Asia and Northern Europe through trade and eventually to the Americas through immigration. It is not only common in a variety of Asian cuisines throughout the Southern states, it is also popular in Florida home gardens and farm pastures because it is a fast-growing green that thrives in poor soil during the cold winter months.

To learn more about Florida's culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Woman carrying a big bowl of muli



# CITRUS KIMCHI WITH DAIKON

**30**  
MINUTES  
TOTAL

**4**  
TOTAL  
SERVINGS



## INGREDIENTS

- |                                 |                           |
|---------------------------------|---------------------------|
| 3 oranges, peeled and segmented | 1 tsp. ginger             |
| 1 head napa cabbage             | 1 tsp. sugar or honey     |
| 1/3 cup salt                    | 1 tsp. lemon zest         |
| 3 garlic cloves                 | 1 medium daikon shredded  |
|                                 | 1 bunch scallions chopped |

## DIRECTIONS

1. Chop cabbage into bite sized pieces and combine with salt in a large bowl. Place a weight over the cabbage and leave for 1 hour or more.
2. Drain cabbage in a colander and rinse well.
3. Grate together garlic and ginger and mix in sugar or honey
4. Scrap zest from lemon peels and combine with orange segments and all remaining ingredients. Mix thoroughly.
5. Pack tightly into mason jars and store in a cool, dark, dry place for 1 week.
6. Move jar into refrigerator when ready. Keep refrigerated once opened.

Recipe adapted from the Florida Department of Citrus ([www.floridacitrus.org](http://www.floridacitrus.org))

For more Florida heritage recipes, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

## FACTS

The name daikon means 'big root' in Japanese, and in Japan daikons are used both as a vegetable and as an offering and cleansing agent in Buddhist ceremonies. It is also one of the seven vegetables consumed during the 'nanakusa' feast, during the 'Festival of the Seven Herbs.'

Daikon is rich in vitamins B6 and C, and minerals such as potassium, manganese, and phosphorus.

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