



TURNIPS



General Info

- Root vegetables that can be purple, red, or greenish
- Turnip greens (leaves and stems) are safe to eat and a common dish in the South!
- Choose turnips with green tops that are bright in color and fresh
- Store in the refrigerator wrapped in a damp cloth

Nutrition

- Both turnips and turnip greens can help with immune function, providing over 30% of your daily **Vitamin C**
- Turnip greens:
 - High in **Vitamin A** which is vital for skin, eye, and lung health
 - High in **Vitamin K** which aids in blood clotting
 - High in **Folate** that helps form red blood cells

Preparation Idea

Simple Roasted Turnips:

1. Preheat oven to 425°F and line a baking sheet with foil.
2. Peel and cut turnips into equally sized pieces.
3. Toss turnips with olive oil, ground sage, salt, and pepper.
4. Roast until tender and lightly browned, about 30-35 minutes.

Growing Tips

- Suggested varieties: Purple Top White Globe, Tokyo Cross, White Lady
- Directly sow your seeds 6-12 inches apart and thin when needed
- Turnips are in the Brassicaceae family
- Soil pH for greens should ideally be between a pH of 6 and 7

