1. Baked, boiled, or steamed. Use turnips any way you would use a potato.
2. Mashed.
3. Coleslaw. Use it as you would cabbage.
4. Julienne them.
5. Grow them. It grows easily and will get you involved in a garden.
6. Switch up your greens. Use in place of spinach so you can sauté or steam!
7. Make them sweet. Add a maple glaze as a side dish w/pork.
8. Eat them raw. With dip or peanut butter or add to a salad.
9. Roasted. Cook with your pot roast or in a pan.
10. Add to a stew. Adds extra flavor to your cooking

# Turnips

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Turnips Calories</th>
<th>Raw Turnip Cubes (1 cup-130g)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Calories 36 From Fat 1 kcal</td>
</tr>
<tr>
<td></td>
<td>Total Fat 0.1g Sodium 87mg</td>
</tr>
<tr>
<td></td>
<td>Carbohydrate 8.4g Dietary Fiber 2.3g</td>
</tr>
<tr>
<td></td>
<td>Sugar 4.9g Protein 1.2g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Raw Turnips (average sized)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories 34 From Fat 1 kcal</td>
</tr>
<tr>
<td>Carbohydrate 7.8g Dietary Fiber 2.2g</td>
</tr>
<tr>
<td>Sugar 4.6g Protein 1.1g</td>
</tr>
<tr>
<td>Sodium 82mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Turnips Calories</th>
<th>Boiled Turnip (1 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Calories 3 Fat 0.1g</td>
</tr>
<tr>
<td></td>
<td>Protein 0.2g Carbohydrate 0.6g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 0.5g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Turnips Calories</th>
<th>Boiled Turnip (100 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Calories 12 Fat 0.2g</td>
</tr>
<tr>
<td></td>
<td>Protein 0.6g Carbohydrate 2g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 1.9g</td>
</tr>
</tbody>
</table>

*Based on a 2000 calorie diet*

https://www.almanac.com/plant/turnips

How to grow turnips

- Sow into the ground right when the ground is workable in the spring (2-3 weeks before the last frost date) for a late spring harvest
- Sow into the ground in late summer for a fall harvest
- Put compost down to enrich the soil
- Scatter seeds (do not cover w/more than 1/2 inch of dirt)
- Thin seedlings out
- Turnips do not need much care but need consistent soil moisture
- Water around an inch a week to prevent roots getting tough and bitter
Health Benefits of Turnips!

- Turnips contain high levels of antioxidants, which prevent cancer.
- Large amount of Vitamin K, which is linked to anti-inflammatory and increases heart health and lessens symptoms of asthma.
- High content of Vitamin A & C which create bright, smooth, and radiant skin.
- Promotes healthy hair.

Fun Facts!

- You can eat both the root and the green.
- Available all year long.
- Baby turnips have a sweet mild taste.
- Mature turnips have a potent taste similar to a pepper.

Turnip Greens Recipe

- 1/2 stick butter
- 1 onion, diced
- 2 teaspoons Paula Deen's House Seasoning
- 2 to 3 bunches turnip greens
- 2 tablespoons bacon grease, optional
- 2 cups water

Crispy Turnip Fries Recipe

- 3 pounds turnips
- 1 tablespoon vegetable oil
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1 teaspoon onion powder

Harvesting

- Do not let your turnip go to flower it will get tough and bitter.
- You can harvest the young leaf greens at any time.
- Early turnips harvest at week 5, main turnips harvest at week 6-10.
- You can harvest a turnip at any size.

http://www.stylecraze.com/articles/benefits-of-turnips-for-skin-hair-and-health/

https://www.thepsructure.com/all-about-turnips-2217701

http://www.pauladee.com/turnip-greens

http://allrecipes.com/recipe/163062/crispy-turnip-fries/