



<http://www.burpee.com/vegetables/turnips/>
Ways to Enjoy Turnips!

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 sautee 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

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TURNIPS *Calories*

Nutrition Facts

Raw Turnip Cubes(1 cup-130g)

Total Calories 36	From Fat 1 kcal
Total Fat 0.1g	Sodium 87mg
Carbohydrate 8.4g	Dietary Fiber 2.3g
Sugar 4.9g	Protein 1.2g

Raw Turnips(average sized)

Total Calories 34	From Fat 1 kcal
Carbohydrate 7.8g	Dietary Fiber 2.2g
Sugar 4.6g	Protein 1.1g
Sodium 82mg	

Boiled Turnip(1 oz)

Total Calories 3	Fat 0.1g
Protein 0.2g	Carbohydrate 0.6g
Dietary Fiber 0.5g	

Boiled Turnip(100 g)

Total Calories 12	Fat 0.2g
Protein 0.6g	Carbohydrate 2g
Dietary Fiber 1.9g	

*Based on a 2000 calorie diet

www.howmany-calories-counter.com

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

<http://gmtusbihysw.al-malahem.com/hixez/parsnips-nutrition-facts-605.php>

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

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!

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

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

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

<https://www.thespruce.com/all-about-turnips-2217701>



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

<http://www.pauladeen.com/turnip-greens>

Crispy Turnip Fries Recipe

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

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