



# Turnip

## What Am I?

Turnips belong in the same family as radishes, mustard greens and arugula. They have a sweet, peppery, radish-like taste. Turnips can be eaten raw, but they can also be enjoyed any way you would prepare a potato.

## How Do I Grow?

- The stringy bottom of the plant is called the tap root. This part remains below the ground with most of the bulb.
- Part of the turnip's bulb will grow above ground and its color will depend on the exposure to sunlight.
- Turnips are in season in the summer.



## Nutrition

The bulb portion of turnips is a good source of vitamin C, and the greens contain folate, calcium and vitamin E.

## Fun Facts

- Large turnips were used to carve Jack-O-Lanterns prior to the pumpkin.
- The roots, stems and leaves of a turnip are all edible.
- Larger turnips are tough and fed to animals if they cannot be cooked.
- The smaller the bulb of a turnip, the sweeter it will taste.

