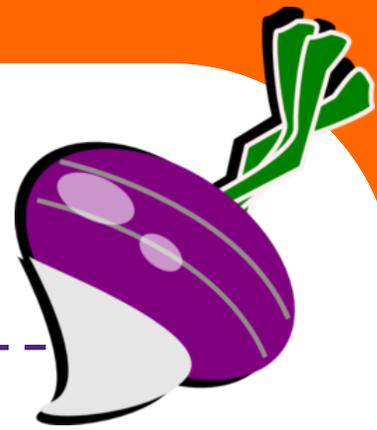


Turnip Facts



Brassicaceae *Brassica rapa*

Turnips are a root vegetable in the same mustard family as radishes and arugula. Young turnips are crisp and sweet, perfect snack for small mouths. Large mature turnips develop a tough skin and a stronger flavor which makes them more suitable for soups, stews, and mashing.

Gardening

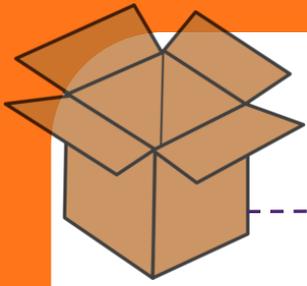
- Turnips have a short season—best in fall and spring
- Require full to moderate shade
- Grown best with well-drained fertile soil
- Requires constant moisture on top and a well drained dry bed
- Tolerant of colder climates—good to grow in Northern US and Canada
- Harvest turnips 45– 80 days after planting the seeds
- Turnips can be pulled up by hand

Nutrient Facts

- Great source of fiber, vitamin C, Calcium and Potassium
- The edible green leafy tops are also a great source of fiber, beta carotene, vitamin E,, and folate.

Procuring

- Turnips are best when the bulb is firm with no visible blemishes
- The smaller the turnip, the sweeter
- Look for a bulb that has a creamy color with violet rings on the top



MYSTERY BOX

Get a shoe box and cut a hole on the side. Then place whole or sliced turnips inside and place the lid on. Have the kids reach inside the box and feel the turnips. Have them describe what they are feeling and sensing. Then open the box and show them. Follow up with questions.

Language Development, Fine Motor Skills, Initiative & Curiosity

TURNIP PRINTS

Have a teacher cut turnips in half and then have the students use the halves as stamps. The kids will then put the turnips into purple paint and stamp the image onto paper.

After drying, they can decorate their turnip master pieces.



Fine Motor Skills, Creative Arts Expression

ROASTED TURNIPS

Serves 10-12

Ingredients

3 lbs. turnips peeled and cut into wedges
Olive oil
Salt free seasoning blend

Directions:

1. Toss turnip pieces into olive oil. Turn onto baking sheets.
2. Season well with seasoning blend.
3. Roast at 425 degrees for 20-25 minutes or until tender like French fries.
4. When tender; remove from oven and allow to cool slightly and serve warm.

Note: Combine wedges of carrot and sweet potatoes with the turnips to make a 'root' fry medley. I also serve them with honey mustard and BBQ sauce.

HONEY GLAZED TURNIPS

Serves 4

Ingredients:

- 3 medium turnips, sliced or cubed (1 1/2 lbs)
- 2 TBSP Honey
- 2 TBSP Butter
- 1/4 Cup Water
- Salt and pepper to taste

Directions:

1. In a medium sauce pan combine honey, butter, and water. Bring to a boil.
2. Add turnips, salt and pepper, cover and bring to a boil. Cook for about 10 minutes.
3. Uncover and continue to cook until turnips are golden and glazed, about 10-15 minutes.

Provided by the University of Nebraska—Lincoln Extension