Pick:
• Choose turnips that are firm heavy for their size and have fresh leaves, if still attached.
  • Small to medium sized turnips are the sweetest.

Store:
• Remove turnip greens prior to storing. But save them - they’re edible!
• Store turnip bulbs and greens in the refrigerator for only a few days since they become bitter with prolonged storage.

Prepare:
• To prepare the bulb, remove the roots and wash & peel. Turnips can be mashed, roasted, boiled and baked.

Nutrition Info
One cup of cubed cooked turnips has 35 calories and provides fiber and vitamin C.

Fun Facts
Did you know that turnips come in all shapes and colors, from round to cylindrical and rose to black!

Amber Globe, Purple Top, Scarlet Ball, White Egg and Orange Jelly are all varieties of turnips.

The heaviest turnip on record weighed 39 pounds and was a variety known as the Mammoth Purple Top turnip!

Uses
Potatoes are not the only vegetable that can be mashed! Try mashed turnips or mix mashed turnips with mashed potatoes.

Turnips can be consumed raw. Slice young peeled turnips and serve with hummus.

Use turnip greens as an alternative to cooked spinach or collard greens. Sauté or steam greens with garlic, onion, oil and lemon! Cooked greens can also be added to soups, stews, and pasta.

Family Friendly Activities
Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.
Honey Roasted Root Veggies
Serves 8 (¼ cup per serving)

Ingredients
2 cups chopped sweet potato (about 1 large)
1 ½ cups chopped peeled turnip (about 2 medium)
1 ½ cups chopped parsnip (about 2 medium)
1 ½ cups chopped carrot (about 2 medium)
¼ cup honey
2 Tbsp. olive oil
½ tsp. salt

Directions
Preheat oven to 450 degrees. In a large bowl, combine all ingredients; toss to coat. Place vegetable mixture onto a baking sheet. Bake for 35 minutes or until vegetables are tender and begin to brown, stir every 15 minutes.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org