

Harvest of the Month



February



Turnips



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 (½ cup per serving)

Nutrition Facts

Serving Size 1/2 cup (121g)
Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories	130	Calories from Fat	35
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	24g		8%
Dietary Fiber	3g		12%
Sugars	13g		
Protein	1g		
Vitamin A 170% • Vitamin C 20%			
Calcium 4% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

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

Color a Turnip!

