

Turnips



Look: When selecting turnips with leafy greens, look for bright green tops.

Taste: Small and medium-sized turnips are sweeter and more flavorful than larger ones. It has a radish-like flavor when eaten raw, but cooking turns them into a more nutty and earthy flavor.

Touch: When shopping for Turnips, choose smooth and firm turnips; avoid bruised, mushy, or cracked roots.



Turnips are a member of the brassica family, which includes broccoli, cauliflower, and cabbage!

Did you know?

Turnips have a significant amount of calcium, which helps your heart, muscles, and nerves.



Nutritionals

The Turnip root is a good source of:

Potassium

Vitamin C

Fiber

The Turnip Greens are a good source of:

Vitamin A

Vitamin C

Vitamin K

Folate

Fiber

Manganese

Calcium