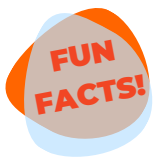


HARVEST OF THE MONTH

F2SFREDERICK.ORG



TURNIPS



Turnips are a root vegetable similar in taste and texture to potatoes. The skin of a turnip ranges from white to purple, depending on the variety. Did you know turnip leaves, sometimes referred to as turnip greens, are edible too?! Cook them like you would collard or mustard greens.

NOTABLE NUTRITION

Turnips are an excellent dietary source of:

Vitamin C, a water-soluble vitamin. Vitamin C is an antioxidant that helps support a healthy immune system. Also, Vitamin C increases the body's iron absorption from plant sources, like broccoli or spinach. To boost your child's intake of iron, pair foods high in iron with foods high in Vitamin C.

Turnips are a great winter source of Vitamin C. Because Vitamin C is water-soluble, its content is dependent on the cooking process. Try a roasted turnip spinach salad for the highest intake of Vitamin C and iron.

READING ROOM

- 1 Rainbow Stew by Cathryn Falwell; Grades K-2; available at Frederick County School Libraries as a print book.
- 2 Seed, Soil, Sun by Cris Peterson; Grades 3-5; For programs working with MD SNAP-Ed, books can be acquired through a MD SNAP-Ed educator.

HOMEGROWN VARIETIES

Types of turnips grown in the Mid-Atlantic region:

Purple Prince, Royal Crown, Toyko Cross, White Lady, Hakeuri



LINK TO LEARNING!

I CAN EAT A RAINBOW

Instructions: Draw pictures and write the names of fruits and vegetable you like to eat for each color.

	FRUIT OR VEGETABLE
RED	
ORANGE	
YELLOW	
GREEN	
BLUE/PURPLE	

Eat a Rainbow Activity

In this activity, students work together to sort produce into different colors and place them on the chart. It is best to use a wide variety of produce of different colors, including items that are in season and pictures of produce.

Visit [FRESHFARM FoodPrints website](#) for the FREE Eating the Rainbow lesson plan (Grades K-2).

Meets National Standards:
Common Core ELA: SL.1.1, SL.1.5

Soil Shakeup Activity

In this activity, students shake up a jar of soil and water and allow the soil to settle out. Once all the soil has settled, they can observe the layers.

Visit [the University of Maryland Extension SNAP-Ed program website](#) for the FREE lesson plan in the Growing Healthy Habits Curriculum (Grades 3-5).

Meets National Standards:
Specific curriculum objectives not provided.



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS