

HARVEST OF THE MONTH

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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.

PICK, STORE, PREPARE

Choose smaller turnips that are firm to the touch. Smaller turnips will taste sweeter and have a better texture. Turnip greens should be a bright green with little wilting.

Store turnips in the produce drawer or a tightly sealed container in the refrigerator for up to two weeks.

All parts of the turnip are edible. Turnips make a great substitute for potatoes in recipes. Turnip greens taste great sauteed, cooked low and slow, and added to soups!



LET'S EAT!

Have your child taste raw turnips with a low-fat dressing, like balsamic vinaigrette.

Try a “Turnip the Difference” taste test. Let your child try cooked turnips versus cooked potatoes. Then, have them describe the differences between these two root vegetables.

MYPLATE RECIPE

Honey Glazed Turnips

Makes: 4 servings Preparation Time: 10 minutes

Ingredients:

- 3 med turnips (1 1/2 pounds)
- 1/4 cup water
- 2 tablespoons honey
- 1/4 tsp salt & pepper
- 2 tablespoons canola oil

Directions:

1. Peel turnips and dice or slice into 1/2 inch pieces. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
2. Add turnips, salt and black pepper, cover and bring to a boil. Reduce to simmer and cook for about 10 minutes.
3. Uncover and continue to cook until turnips are golden and glazed, about 10 minutes.



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