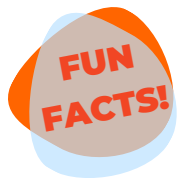


HARVEST OF THE MONTH

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.

LET'S EAT! CAFETERIA CONNECTIONS

1

Pair turnips with an entree item, like Crispy Chicken and Au Gratin Turnips

2

Serve raw or cooked turnips on the salad line

3

Offer both raw and cooked turnips on the service line.

FOLLOW OUR SOCIAL MEDIA @F2SFREDERICK





TASTE TEST IDEAS

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

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

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 refrigerator in the produce drawer or a tightly sealed container 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!



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 - 2 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS