

NUTRIENTS FOUND IN TURNIPS

- The fiber content of turnip greens makes this vegetable a natural choice for digestive system support.
- Turnips are an excellent source of vitamin C.
- Turnips are a source folate, a key nutrient for cell health.



HEALTHY, FIT & READY TO LEARN

- Make sure your child eats a healthy breakfast so that he/she has enough energy to listen and learn throughout the school day. Include fruits or vegetables, proteins, and whole grains to make a well-balanced meal.



JUST FOR KIDS

Making turnip stamps is easy and fun! Wash a turnip and have an adult help you cut it in half. Try to make the cut as clean as possible, so that you have a flat surface to start your stamp. Draw or trace a shape, letter, number, or picture on the cut side of the turnip. Then, have an adult help you carve out your design. The design should stand about ¼ inch above the surface of the rest of the turnip. Use an inkpad or paint to cover your design, and stamp away!

GROWN IN OREGON

Animals like turnips, too! Many Oregon farmers grow turnips in the summer to store and feed to their livestock during winter. Turnips can grow in all parts of western Oregon and in lower elevation regions of eastern Oregon.



LIVING AND EATING GREEN

Instead of using paper towels and napkins in the kitchen, consider switching to cloth napkins, rags, and sponges! This switch will save space in landfills, preserve forest resources, and save money.

YOUR OREGON KITCHEN

QUICK AND EASY

- Sauté sliced turnips and turnip greens with chopped onions and garlic for a flavorful dish.
- Cube turnips and add them to your favorite soups.
- Young turnips will add a sweet crunch to any salad.
- Use turnip greens in addition to spinach when making vegetable lasagna.
- Serve turnip greens with beans and rice.
- Roast turnips and other root veggies tossed with olive oil, salt, and pepper for a quick and delicious side dish!



PRODUCE POINTERS

- Choose small to medium-sized turnips that are smooth, round, and firm.
- Avoid larger, over-matured roots as they have a woody texture and stronger flavor.
- Separate the greens and the roots when storing.
- Use turnip greens within four days, as they quickly begin to lose flavor and nutritional value.
- Turnips roots can be stored in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Turnips come in a variety of colors; try them all to explore their different flavors!

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

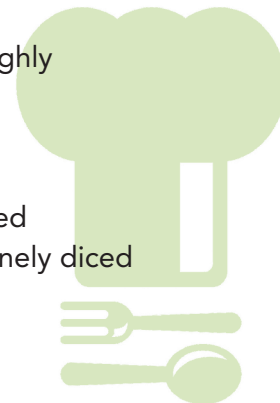
	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

RECIPE: MASHED TURNIPS WITH BACON & CHIVES

INGREDIENTS:

- 3 cups of turnips, chopped roughly
- 1 cup water
- 2 tablespoons plain yogurt
- 2 1/2 tablespoons butter
- 3 slices crispy bacon, finely diced
- 2/3 tablespoons fresh chives, finely diced
- Salt and pepper to taste

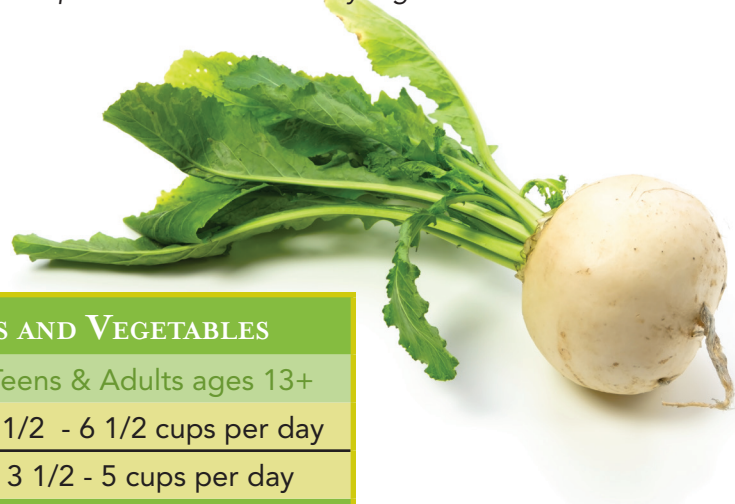


DIRECTIONS:

1. Place the turnips and water in a medium saucepan and bring to a boil. Cook on medium-high for 20 minutes, covered, until the turnips are soft. You can start making the bacon at this point so it's ready when the turnips are.
2. Drain the turnips. Add the butter and yogurt and let it melt for a minute.
3. Mash the turnips with a potato masher.
4. Stir in the diced bacon and half of the chives.
5. Serve with the rest of the chives sprinkled on top.

Tip: Save your turnip greens for a delicious side; just sauté them in olive oil with salt and pepper.

Adapted from www.mindfullyfrugalmom.com



Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.