

# OREGON TURNIPS

Turnips come in a variety of shapes from round to cylindrical. The outside color of the turnip can vary from rose to black.

Turnips are a root vegetable in season from October to March. The leafy greens are also edible.



Turnips are part of the mustard family; they're related to Brussels sprouts, cabbage, kale, and broccoli.

## NUTRIENTS FOUND IN TURNIPS

- ~ Turnips are an excellent source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- ~ The green leaves of the turnip top, known as "turnip greens", are also packed with nutrients and are an excellent source of vitamin C.
- ~ Turnip greens are an excellent source of vitamin A which is important for good eyesight and a healthy immune system.
- ~ Turnip greens are an excellent source of calcium and vitamin K which are important for building and keeping your bones strong.
- ~ Turnips greens are an excellent source of folate, which is needed for a healthy pregnancy and helps cells grow and repair.
- ~ Turnip greens also contain lutein and B vitamins.

Turnip varieties that do well in Oregon are Purple Top, White Globe and Tokyo Cross.



Turnips are a biennial plant, taking two years to germinate and reproduce. In the first year the root grows and stores nutrients, and the next year the turnip flowers, produces seeds, and dies.



Turnips have a crisp white inner flesh and a zesty, sweet flavor. For the best taste, harvest turnips while young and small. As turnips age the flavor gets spicier and the texture becomes rough and woody.



Turnips can be eaten raw or cooked, and can be a substitute for potatoes in recipes.

