

# Produce of the Month



## Turnips



### Nutritional Information

Turnip greens and turnips, uncooked, frozen, 10oz, 28 **calories**

2.46g of **protein**

0.13 g of **fat**

3.39 g of **carbohydrate**, including 2.40g of **fiber** and less than 1 g of sugar

114 mg of calcium

1.63mg of **iron**

18 mg of **magnesium**

24 mg of **phosphorus**

82 mg of **potassium**

18 mg of **sodium**

0.16 mg of **zinc**

25.8 mg of **vitamin C**

41 mcg of **folate**

305 mcg of **vitamin A**



Turnip greens are also rich in antioxidants, phytonutrients and glucosinolates. Turnips are white at the bottom with a light purple blush around the top, which appears when the plant is exposed to sunlight.

There is 1 person in the U.S. listed on [whitepages.com](http://www.whitepages.com) with the last name 'Turnip' (Mark Morton, 'Gastronomica', Fall 2010)

**At your age, how many of these vitamins and nutrients do you need daily to stay healthy?**

### Selecting & Storing



**Turnips** are available throughout the year but they mostly tend to flourish in cold weather. Hence, one would find fresh and sweet turnips from winter through spring.

While selecting, look for the ones that are smaller in size, with a healthy skin, no brown or unhealthy looking spots, and with lush, green crisp tops. Clean thoroughly by scrubbing with a vegetable brush under running water. They can be placed in plastic bags and stored in the refrigerator for up to a week, sometimes more.

### Cooking Suggestions

**Turnips** taste bland, like a cross between a carrot and a potato. Add them to salads or mix them with cherry tomatoes and olives for an appetizer. Mix them in stews.

**Turnips** can be enjoyed in a variety of ways, both raw and cooked. They can be chopped, sliced, diced or left whole depending on their size, and the chosen cooking technique. They can be cooked in different ways like baking, boiling, sautéing or steaming. One must ensure not to overcook them in order to retain their crunchy texture.

### Manchester's Message for a Healthier You

9

5

2

1

0

**9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages**  
For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>