



# Turnip

*Brassica rapa*

## Nutrition Facts

- Turnips are classified as a starch vegetable, but they contain only 1/3 the amount of the calories of potatoes.
- Turnips contain a large amount of Vitamin C.
- Turnips contain a hardy amount of potassium, magnesium and folic acid.
- Turnip greens are also edible and are actually more nutrient dense than the root.
- The greens contain a large amount of calcium, folic acid, Vitamins A, B6, C, E and fiber.

## Planting

Plant 3/20-5/1 or 7/20-8/15  
(Guidelines for planting in raised beds)

**Seeds:** Sow seeds in rows 4-6" apart.

## Care

**Seeds:** Water regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate.

**Young seedlings:** Water when top 1" of soil dries out. Thin plants to stand 2-3" apart in each row. Mulch plants with cotton burr compost to keep soil moist.

## Harvest & Storage

Turnips are best harvested once the bulbs are 1.5-2" in diameter. If you are unsure of the size of your turnips, harvest one to check.

Loosen the soil around the turnips with a garden trowel. Turnips should come out easily by either using the trowel to dig them up or pulling at the base of the plant with your hand.

Once turnips are harvested, lightly brush off the dirt and allow to air dry prior to storing. Turnips can be stored in the refrigerator for 2 weeks.

## Recipe

\*Wash all vegetables before using\*

### Turnip Fries

7 turnips cut into 1/2 inch strips

1 tablespoon olive oil

1 garlic clove, chopped

1/2 grated parmesan cheese

1/4 teaspoon black pepper

1/4 teaspoon salt

Preheat oven to 415 degrees. Place turnips, garlic, olive oil, cheese, pepper and salt into a large plastic bag. Shake until ingredients are mixed well. Pour the fries onto a baking sheet, bake for 20 minutes and enjoy!



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