



Vegetable Spotlight



TURNIPS

VEGETABLE SUMMARY

SYG Variety: Purple Top

Growing Seasons: Spring & Fall

Fast or Slow Crop: Slow (7-10 weeks from seed to harvest)

Maintenance: Root vegetables such as turnips need to be **thinned**. Watch this quick "[How to Thin](#)" video to learn more.

Harvest: Being a root vegetable, you will harvest turnips in a similar fashion to how you will harvest radishes. Watch this quick "[How to Harvest Radishes](#)" video to learn more.



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Turnips are a good source of **vitamin C**. Among other things, vitamin C helps your body's **immune system** stay healthy.

Recipes: Try an alternative to mashed potatoes with this delicious [Turnip Carrot Mash](#).

Book Recommendations: *Grandma Lena's Big Ol' Turnip* By Denia Lewis Hester, Illustrated by Jackie Urbanovic

THE BIG OL' TURNIP PLAY

MATERIALS:

- *Grandma Lena's Big Ol' Turnip* by Denia Lewis Hester
- 1-2 Turnips cut into bite sized pieces for tasting

Optional:

- *Costumes to dress up as each character in the story*

SUMMARY:

In the book, *Grandma Lena's Big Ol' Turnip* by Denia Lewis Hester, Grandma Lena grows the biggest turnip she's ever seen. When it comes time to harvest her big ol' turnip, she needs the help of her whole family. Have students work together by acting out the story and harvesting their own imaginary big ol' turnip!

ACTIVITY:

1. Divide students up into groups of 7 (1 for each character in the book including the turnip). Alternatively, if you have a smaller group, let the students take turns being different characters.
2. Assign each student a character to play within their group - 1. The Turnip 2. Grandma Lena 3. Grandpa Carl 4. Uncle Isadore 5. Aunt Nettie 6. Rascal 7. Baby Pearl
3. Explain that as you read the book the students will act out the story depending on what character they have been assigned (i.e. "Grandma took hold of that big ol' turnip and yanked and jerked and tugged, but that big ol' turnip would not budge!" In this scene , the student playing Grandma Lena and the student playing the Turnip will be performing.) If necessary, set some ground rules about safe 'tugging, pulling, yanking' and demonstrate how these actions should be done.
4. After the performance and story has ended, wrap up the activity by letting students sample bites of turnip.

Activity inspired by Ms. Pam Jones

KANSAS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

- CA.p4.9a: Takes a role in acting out a story.
- CA.p4.10a: Anticipates story plot and structure of story.
- CA.p4.10b: Assumes roles in dramatic play situations.
- CA.p4.10c: Interacts with others in listening and responding in dramatic role.

Missouri:

- VIII.C.2.d.: Uses dialogue, actions and objects to tell a story or express thoughts and feelings about one's self or character.
- VII.C.2.e.: Uses creativity and imagination to manipulate materials and assume roles in dramatic play or other creative situations.

