

# TURNIPS



## In the garden:



<http://www.farminmypocket.co.uk/wp-content/uploads/2012/03/red-nip-300x262.jpg>



<http://healtheatingfood.com/wp-content/uploads/2015/10/Turnip-properties.jpg>

## Ready to eat:



[www.terawarner.com/hhh/istockimages/turnips\\_and\\_greens.jpg](http://www.terawarner.com/hhh/istockimages/turnips_and_greens.jpg)



© add a pinch

<http://addapinch.com/cooking/files/2012/03/Recipes-Skillet-Turnip-Greens-3.jpg>



<http://www.laaloosh.com/wp-content/uploads/2012/05/glazed-turnips.jpg>



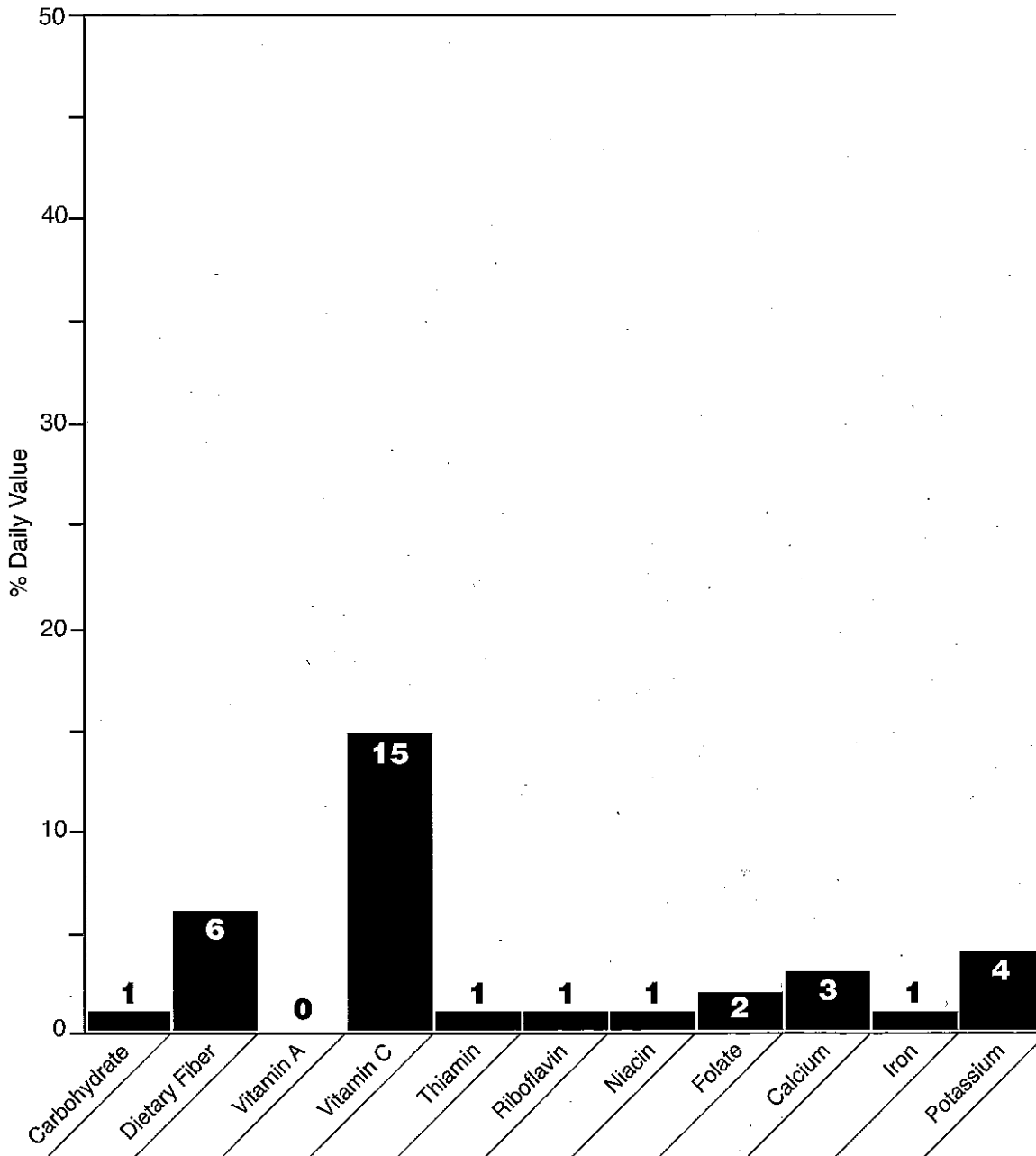
[http://www.saltedandstyled.com/wp-content/uploads/2013/12/20131120\\_ss\\_daikon\\_08.jpg](http://www.saltedandstyled.com/wp-content/uploads/2013/12/20131120_ss_daikon_08.jpg)

## FUN FACTS:

- Turnips are related to radishes and mustard greens.
- You can eat both the root and the leafy greens of this plant!
- This root vegetable is available in autumn.
- You can eat turnips mashed, cut up in soups, or roasted in the oven.

# Turnips

## Nutrition Facts



### Serving Size

1/2 Cup Chopped  
 78 Grams  
 17 Calories  
     3% from fat  
     9% from protein  
     88% from carbohydrate  
 1 Gram Protein  
 4 Grams Carbohydrate  
     2 grams dietary fiber  
 0.1 Gram Fat  
 73 Grams Water  
 12 Milligrams Sodium

From California Department of Education, 2007

Turnips contain Vitamin C to help heal your cuts and wounds.

## Creamed Turnips

### Ingredients

- 4 cups **turnips**, cut into cubes
- 2 Tablespoons **butter**, melted
- 1/4 cup **flour**, all purpose
- 1 ½ cups instant **nonfat dry milk**, prepared with water
- 1 cup reduced fat **cheddar cheese**, shredded



### **Storage tips for turnips:**

- Remove the greens and clean off any soil (save greens to eat another time!)
- Store turnips in a container covered with a damp cloth. They are best if stored in the refrigerator crisper on lowest shelf.

### Directions

1. Boil turnips in a large pot of water until just soft, about 20 minutes. Drain well.
2. Combine melted butter and flour. Stir until there are no lumps.
3. Mix flour-butter mixture with milk and cheese. Pour over cooked turnips and mash well with a fork.

From: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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