

Turnips

Turnips are a root vegetable belonging to the mustard family. Turnips have a sweet, peppery taste — similar to a radish.



**TURNIP
FACT**

1

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Wild turnips are native to Europe. Our modern turnip was created by the selective breeding of wild turnips.



**TURNIP
FACT**

2

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Turnips grow in cold climates in fertile, well-drained soil.

There are about 30 major domesticated varieties of turnips.



**TURNIP
FACT**

3

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

**If you let turnips
grow too big,
they become woody
and unpalatable.**



**TURNIP
FACT**

4

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Depending on the climate, turnips can be planted in spring, summer, or fall. They are ready to harvest when the root is two to three inches in diameter, about 45 to 60 days after sowing.



**TURNIP
FACT**

5

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Turnip leaves are delicious and taste like mustard greens. They can be cooked or eaten raw in salads.



**TURNIP
FACT**

6

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Turnip greens contain many vital nutrients — more than the root.

They are an excellent source of antioxidants, vitamin-K, and B-complex vitamins as well as essential minerals such as calcium, copper, iron, potassium, and manganese.



**TURNIP
FACT**

7

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Young turnips are milder than older turnips and have a crunchy, juicy texture. Young turnips can be eaten raw in salads.



**TURNIP
FACT**

8

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

Turnips were a staple food in Ancient Greece and Rome.

Some large varieties of turnip are cultivated as food for cattle. And turnips were once cultivated to make (edible) oil, which was obtained from the seed.



**TURNIP
FACT**

9

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Turnips

During World War One, a huge quantity of turnips were consumed in Germany because meat and potatoes were scarce.

Turnips were so important in Germany during the winter of 1916-1917, that it became known as “turnip winter.”

Turnips were also used to make flour, which was used to make “war bread.”



**TURNIP
FACT**

10

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER