

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 PLATE SM
IS A PROJECT OF THE PRINCETON
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Turnips

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



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Turnips

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

There are about 30 major domesticated varieties of turnips.



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Turnips

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



**TURNIP
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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.



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Turnips

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



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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.



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



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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.



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9

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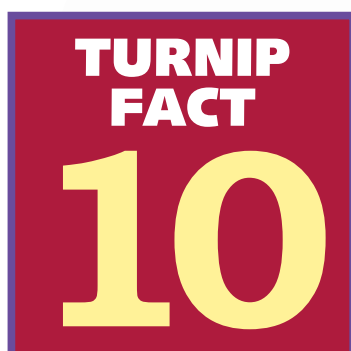
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During World War One, a huge quantity of turnips were consumed in Germany because meat and potatoes were scarce.

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.”



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