

# Turnips



# Turnip Facts

- Turnips are a root vegetable which means that the bulb we eat grows underground.
- Turnip greens are popular across the United States, featured in recipes in salads, made into pesto, and used in any recipe calling for cooked greens.
- They are a great source of Vitamins A, C, K and calcium.
- Low in calories, a medium sized turnip is only 35 calories.
- Turnips are available in New Jersey in the spring and fall, growing from April to June and September to November, which are cooler weather months.
- The major countries that grow turnips are China, Uzbekistan and Russia.
- Turnips were grown as far back as ancient Greek and Roman times.
- The interior or flesh of the turnip is white.
- Larger turnips are used to feed livestock.
- Stewed turnip greens are a popular regional cuisine of the southern United States and are traditionally cooked with ham hocks or pork fat.

