

- Turnips are starchy root vegetables that grow well in places with cold winters
- Turnips taste sweeter if they are harvested after a frost
- Both the root and its leafy greens can be eaten
- The root is usually white in color and can have a purple color closer to the top if it was exposed to sunlight while growing

DID YOU KNOW?

Ticklish Turnip!



JOKE

What did the vegetables say at the garden party?

Lettuce turnip the beet!

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

Recipe

Roasted Turnips

Ingredients

- 7 cups turnips peeled and cut into 1 1/2 -inch chunks
- 1 tablespoon avocado oil
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon dry thyme
- 1/8 tsp garlic powder

Directions

1. Preheat oven to 425 degrees F.
2. Toss turnips, oil and salt together. Spread out on a baking sheet and roast for 30 minutes, stirring once.
3. Combine oregano, thyme and garlic powder. Sprinkle the turnips with the herb mixture and toss to coat.
4. Roast until the turnips are tender and browned in spots, about 5 minutes.