

Turnip Information Sheet

Today's Farm to School Snack features local turnip!

While turnips originated in Europe and Central Asia, the turnips will be trying today were grown locally at:

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How Does It Grow?

Turnips are round, firm root vegetables that belong to the Brassica family, which includes cauliflower, cabbage and broccoli. They grow from tiny seeds planted in late spring or summer, thriving in cool climates and loose, well-drained soil. The roots develop underground, while leafy green tops sprout above. Turnips grow quickly and are ready to harvest in about two months, when their roots are about the size of a tennis ball. Turnips can be enjoyed raw, in salads, roasted for a caramelized flavor, or mashed.



Fun Facts

- The entire turnip plant is edible, including the roots, leaves, and stems. Turnip tops are often eaten as cooked greens.
- Rutabagas are believed to be a cross between turnips and cabbage, likely developed several hundred years ago.

Around the World

Turnips grow wild in Siberia and have been consumed since prehistoric times. Ancient civilizations used them for both food and medicine. In the Middle Ages, turnips became a staple in Europe, often featured in soups and stews. In Celtic Ireland, people carved spooky faces into turnips, creating the first Halloween jack-o'-lanterns! When European settlers arrived in North America in the 1600s, turnips quickly gained popularity.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include turnips.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this crunchy snack!

Find more resources at www.nourishns.ca