



TURNIPS

WINTER

SPRING

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Plant turnips in a well-drained, medium-rich soil in a sunny area in spring and fall. Sow seeds 1/2 inch (in.) deep in a row, allowing 12 to 34 in. between rows. Thin seedlings 4 in. tall, 2 to 4 in. apart. Harvest turnips when they reach 2 to 3 in. in diameter.



PREP

Wash turnips in cool water. Cut the top and bottom of the turnip and peel the skin. Cut turnip into desired sized pieces. Hang on to the tops! Prepare turnips baked, boiled, steamed, or microwaved.



EAT

Enjoy turnips any way that you would eat a potato! Eat oven-roasted, pan-fried, or mashed turnips. Add raw, shredded turnips to slaw and salads. Throw turnip greens into your next smoothie! Steam or sauté turnip greens for a delicious side dish.



LEARN

Turnips are a **vegetable**. They are a member of the mustard family and closely related to cabbage. Turnips are white and purple in color. Turnips have many health benefits. Turnip tops have more vitamins and minerals than the bottoms.

