



# Turnips

Whether it's the turnip or its greens, mix up your meals by adding crunchy raw turnips, sweet cooked turnips, or colorful greens.



## Nutrition

- Nutritionally, 1/2 cup cubed turnips contains around 18 calories, 4g carbohydrates, and 1g fiber.
- Turnips are a source of vitamins and minerals, including folate, vitamin C, and potassium.
- Turnips are not a significant source of fat, protein, or sodium.



## Shopping

- Look for turnips that are heavy for their size, with smooth skin and without soft spots or cracks.
- Smaller turnips are sweeter, while large turnips tend to be woodier and more bitter.
- Sometimes, turnip greens will still be attached to the turnips. Look for greens that are deep green in color and not wilted or limp.



## Price

- Turnips are available year-round in stores, and come into season in Illinois in spring and fall. Buying in-season tends to reduce the price.



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## Storage

- If greens are still attached, cut them off and store separately from the turnips.
- Add turnips to a food-safe container or bag and refrigerate 1-2 weeks.
- Store turnip greens in the refrigerator and use within a few days, as they wilt quickly.



## Preparation

- Wash turnips before preparing. Use vegetable peeler to remove skin. Cut into desired sized pieces.
- **Preserve:** Find instructions for freezing turnips and turnip greens from the National Center for Home Food Preservation: [nchfp.uga.edu](http://nchfp.uga.edu).



## Eat

- Turnips can be eaten raw or cooked, with many recipes cooking turnips.
- The greens make a great substitute for recipes already using kale or collard greens.



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