



*Because Life Should Be Beautiful™*

## Turnips

Not only is this root vegetable easy to grow, but it keeps well, too. Because of this, turnips have long been popular in Great Britain and northern Europe. The white fleshed turnip has a white skin with a purple tinged top. Small, young turnips have a delicate, slightly sweet taste. As they age, however, their taste becomes stronger and their texture coarser, sometimes almost woody.

You will find seeds for turnips and the turnip greens in the garden shop at Orchard.

For best quality fertilize before planting and keep soil moist. Turnips grow best in light soil, so amend well.

When harvesting the roots should firm and the greens bright-colored and fresh looking. The turnip shoulders should be about 1.5 - 3 inches in diameter at the soil line.

Turnips can grow well in containers and they are easy for kids to grow.

Though turnips can be refrigerated, tightly wrapped, for two weeks, they do best in a cool, well ventilated area.

Before using, they should be washed, trimmed and peeled.

Turnips may be boiled or steamed, then mashed or pureed. They can also be stir-fried, cubed and tossed with butter, or used raw in salads.

Turnips are a fair source of vitamin C and potassium.

If you are even in London and looking for a great place to eat for your last meal to celebrate, go to Simpsons sometimes they have the roasted root vegetables as a side and it is fabulous.