



Selection:

Choose turnips that are smooth, firm, and heavy for their size. Turnips should be no bigger than an egg. If still attached, the leaves should be fresh and green.

Storage:

Turnips are best if stored unwashed in a dark, cool, dry place for up to 1 week. If stored in the refrigerator, the leaves should be cut off and the turnip and greens bagged separately in plastic bags, for up 3 days.

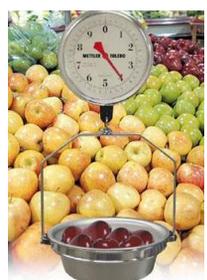
Dry Storage: Up to 1 week
Refrigerator: Up to 3 days

Use:

Remove the leaves and scrub the turnips in cold water. Small turnips can be cooked unpeeled. Large turnips should be peeled and cut into wedges before cooking.



Digital Scale:
 The number on the screen = Total Weight



Hanging Scale:
 The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of turnips you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Turnips

Use this table to find the total cost.

Example: What is the total cost for 1.5 lbs of Turnips at \$0.89 per lb? **1.5 lbs x \$0.89 = \$1.34**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

1 medium Turnip

Nutrition Facts	
Serving Size 1 medium (122g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 45%
Calcium 4%	Iron 2%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store.

This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1 medium turnip. All turnips are not the same size, but you can use this to estimate the nutrition content for smaller or larger turnips.

Recipe:

Tasty Turnip Mash

Preparation Time: 15 minutes

Serves 4

Cups of Vegetables per Serving: 1

Ingredients:

- 2 cups romaine lettuce
- 1 cup cilantro leaves
- 1 cup parsnips, peeled
- 1 cup carrots, peeled
- 1 cup turnips, peeled

Dressing:

- ¼ cup lime juice
- ½ teaspoon grated lime zest
- 1 teaspoon sugar
- ¼ teaspoon chili powder
- 1 tablespoon olive oil

Preparation:

- 1.) Boil 1 quart of water.
- 2.) Combine lettuce and cilantro and divide onto 4 plates.
- 3.) Place parsnips, carrots, and turnips into boiling water. Return water to a simmer and cook vegetables for 2 minutes. Strain into a colander.
- 3.) Mix ingredients for dressing right before use.
- 4.) Place hot vegetables on top of greens and top with homemade dressing. Serve.

Nutrition Information per Serving:

Calories 90, Total Fat 4 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 35 mg, Carbohydrates 14 g, Dietary Fiber 4 g.

