

What's Inside a Turnip?



Nutrition Facts

30% of daily Vitamin C

5% of daily potassium

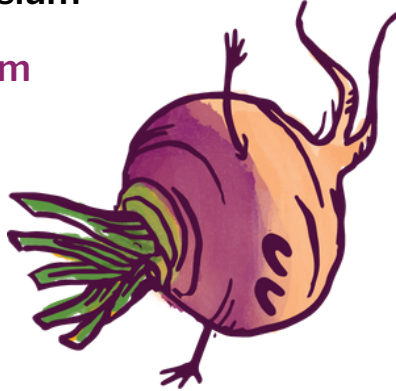
3% of daily calcium

9% of daily fiber

34 calories

1% of daily iron

1 gram of protein



What's so special about Turnips?

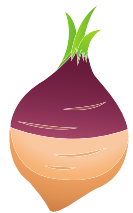
Turnips are packed FULL of Vitamin C, in fact one medium turnip contains about 30% of the recommended daily value. Our bodies can't make vitamin C, so getting it through the foods we eat is important. Vitamin C helps wounds heal faster and helps boost our immune system, which helps prevent us from getting sick.

Why are turnips good for us?



Potassium supports our muscles and is good for blood pressure

Calcium supports our bones and teeth



Fiber supports healthy digestion and helps us to absorb the nutrients in our foods

Iron supports our ability to learn



Protein helps build muscles and strengthens the immune system



Photo credit: High Mowing Seed Co.

Turnips can usually be found all year round but are at their peak in the cooler months in late fall to spring. Young, small turnips are sweet and mild in flavor while the larger turnips have a more bitter taste.

Turnips have a compound called Brassinin, which research shows can help reduce the risk of lung and colorectal cancer.