What's Inside a Turnip?

**Nutrition Facts**
- 30% of daily Vitamin C
- 5% of daily potassium
- 3% of daily calcium
- 9% of daily fiber
- 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 absorb the nutrients in our foods
- **Iron** supports our ability to learn
- **Protein** helps build muscles and strengthens the immune system

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.

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**Fact Sheet**

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#turnipthevolume