

Fresh Fruit & Vegetable Program: May 2023

Featured Fresh Vegetable: TURNIP



Health Benefits:

1. Fiber: heart healthy, digestive system & stable energy
2. Vitamin C: supports immune system, healthy skin, and healing
3. Calcium: strong bones and healthy teeth



Fun Facts:

1. Turnips are not related to potatoes but are related to radishes, mustard, and collard greens!
2. Most people only eat the turnip root, but the greens are also edible and very nutritious.
3. Turnips, also called rutabaga, can be eaten both raw and cooked.

