



# FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

# TURNIP

## *Fun Facts:*

*All parts of a Turnip are edible, including the greens. They originally were found in Europe and now, there has been 30 different varieties discovered around the world. They are even part of the mustard family!*

## *Nutritional information:*

*High in Potassium*

*Contains Vitamin C*

