

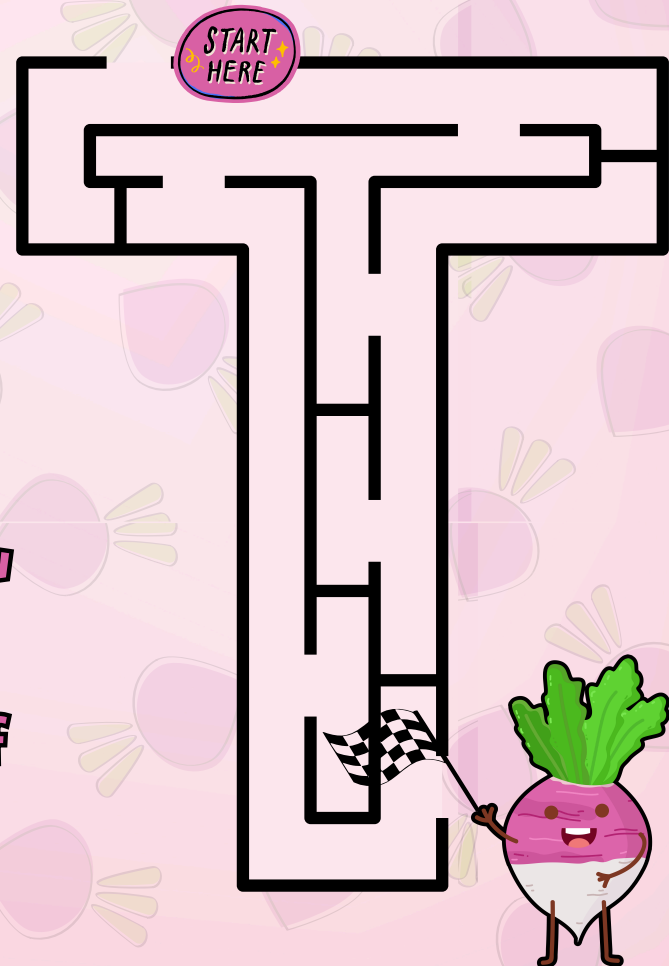


Turnips

The turnip is a "cruciferous" vegetable, a distinction it shares with cabbage, kale, broccoli, Brussels sprouts and cauliflower.

Though they are mostly fiber and water, turnips are rich in Vitamin C: One cup, raw, contains 45 percent of the recommended daily intake.

Turnips are root vegetables that grow well in places with cold winters. In fact, turnips actually taste sweeter if they're harvested after a frost!



Before pumpkins became the go-to for carving, the Irish used turnips for their jack-o'-lanterns!