TURNIP GREENS

DID YOU KNOW?

- Turnip Greens are slender stems, averaging 10 to 30 centimeters in length, that grow in a low-spreading, rosette pattern with 8 to 10, broad and flat leaves.
- Turnip greens are available year-round, with a peak season in the winter through spring.
- Turnip greens are best suited for both raw and cooked applications such as sautéing, steaming, braising, and boiling.

FUN FACT!

Turnip Greens are native to Europe and have been growing wild since ancient times.



@fcsnutrition

facebook.com/fcsnutrition

Visit **fcsnutrition.com** for menus and more info!

USDA is an equal opportunity provider, employer, and lender.