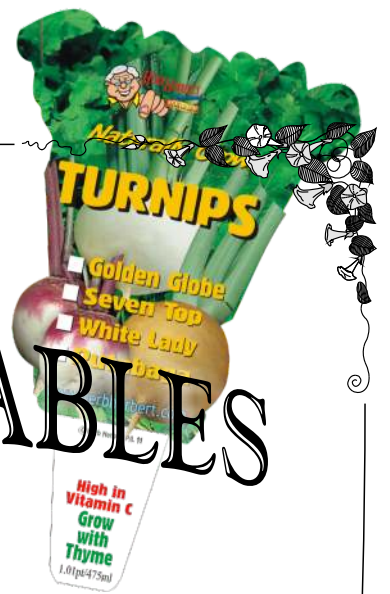


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GOURMET VEGETABLES TURNIP



DESCRIPTION:

Turnips are a root vegetable commonly associated with potatoes or beets, but their closest relatives are radishes and arugula. Large or old turnips can become unpleasantly "hot" because of this unless properly cooked and combined with milder vegetables like potatoes. Younger turnips add a great zip to dishes.



PROPERTIES:

Turnips are a low calorie source of potassium and vitamin C.



Turnips are available all year long, but are at their best in fall/autumn and spring, when they are small and sweet. Larger turnips are great for mashing and or adding to soups and stews. Add a turnip or two to your favorite mashed potato recipe or to a pan of roast vegetables. Like most

root vegetables, turnips are a great storage vegetable to use when you want to keep eating locally throughout the winter. Contrary to conventional wisdom, turnips can be eaten raw. Baby turnips can be cut into wedges and served with dip or sliced and added to salads for a crisp, lightly zippy tang. Store turnips loosely wrapped in a plastic bag in the crisper of the fridge. Like any root vegetable, they want a cool, dark, dry environment.



ROWTH:

Turnips prefer full sun with a rich, well drained, deep sandy loam soil pH of 6.5. Turnips are moderate feeders; require deep, loose cultivated soil with medium water retention. Apply generously, compost and well rotted manure prior to planting. Turnips benefit from regular feedings with a compost tea or fertilizer with higher amounts of phosphorous and potassium for good root development. Maturity in 60 - 85 days



HERB HERBERT P/L PO Box 24 Monbulk Victoria 3793 Australia

E-mail: herb@herbherbert.com

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