**Turnip**

**Available fresh from Kansas:**

* August through November

**Nutrition Information:**

* Roots are a good source of vitamin C.
* Greens (leaves) are a good source of Vitamin A, folate, Vitamin C, Vitamin K, and Calcium

**Origin:**

* Native to Europe.
* Very important to ancient Romans.
* Has been used as a vegetable for human consumption since prehistoric times.
* Was brought to America in 1541 and planted in Canada. Was planted in Virginia by the colonists in 1609.

**Did you know turnips:**

* are part of a saying, “I didn’t just fall off the turnip truck!” When someone says that, they are letting someone know that they are not uninformed and gullible.
* are a root vegetable like carrots and beets? Both the root and the leaves at the top can be eaten. The turnip greens are much more nutrient dense than the roots.
* were once believed by Persians to be able to treat the common cold?
* were used to make the first jack-o-lanterns? This was an Irish tradition and pumpkins did not start to be carved until that tradition came to America.
* come in all shapes and colors, from round to cylindrical and pink to black?

**Beet Humor:**

* **Knock Knock**

Who’s There?

**Turnip!**

Turnip who?

**Turnip the heat, it’s cold in here!**

**Turnip Activity:**

* How many words can you make using the letters in the word TURNIP?

**Answers:** 27 - Input, Print, Pint, Punt, Ruin, Runt, Trip, Turn, Unit, Nip, Nit, Nut, Pin, Pit, Pun, Put, Rip, Run, Rut, Tin, Tip, Urn, In, It, Nu, Pi, Up