

TURNIPS



- ◆ Persians believed turnips were beneficial in treating the common cold.
- ◆ The turnip is grown for both the enlarged root and the top. The common type is mostly white turning purple at the top of the root.
- ◆ Turnips grow best on cool area climates.
- ◆ The first jack-o-lanterns were carved out of turnips. Only when the Irish tradition reached America did turnip carving turn into pumpkin carving.
- ◆ Stories about turnips: “The Turnip” Brothers Grimm Fable and “Gigantic Turnip” Aleksei Tolstov.
- ◆ The turnip is only 28 calories and a good source of vitamin C and anti-oxidant.
- ◆ The roots have been cultivated as staple food during ancient Greek and Roman periods.
- ◆ In Turkey turnips are used to flavor salgam, a juice made from purple carrots and spices.
- ◆ In Lebanon turnips are pickled.