

CITY SCHOOLYARD  GARDEN

HARVEST *of the* **MONTH**
Seasonal snacks from garden to classroom

SALAD TURNIPS
— April, 2016 —



Harvest of the Month is a great way for youth and their families to explore, taste and learn about seasonal vegetables and fruits - from the garden, in the classroom, on the plate.

FACTS & VARIETIES

Sweet salad turnips are quite different from the purple and white larger turnips we usually peel and boil or roast. These turnips are small, all-white and they come from Japan and Korea. They have a sweet and tender skin so they don't need to be peeled. The flavor is surprisingly tender, almost fruity and crunchy.

The most common variety is called Hakurei, developed in Japan in the 1950s during a time of food shortages because of WWII. Surprisingly, salad turnips are a member of the Brassica family (like cabbage).

HEALTH & NUTRITION

Salad turnips are a good source of vitamins and anti-oxidants that help the body rid itself of harmful toxins. Not only are the roots beneficial to your health, but cooking the fresh, green turnip tops gives your body healthy nutrients such as:

- Calcium
- Vitamin C
- Vitamin E

The roots of the salad turnip contain cyanoglucosides, which can make them bitter tasting to people with specific genes in their DNA.

COOKING & EATING

SALAD TURNIPS SAUTEED IN BUTTER

- 2 bunches Salad Turnips
- 2 cloves Garlic
- 1 tablespoon Butter
- Salt and Pepper to taste

Slice the salad turnips into thin half-moons, and mince the garlic. Melt the butter in a medium-sized frying pan, and sauté the salad turnips until they are a light golden color. Serve.

For added spice, try sprinkling on red pepper flakes or adding a pinch of turmeric. You can also sauté sliced potatoes in addition to the salad turnips.

Illustration: Calea Sholes, 7th Grade at Buford Middle School

GROWING TIPS

Turnips like rich soil with good drainage. Add some compost before planting so they'll have plenty of good nutrition. Direct sow seeds 1/4 inch deep and 2 inches apart. The seeds are small so sometimes you'll drop more than you intend, making for crowded turnips. This is no problem, thin the seedlings and add the leaves to your salad or snack. Harvest when turnips are about 2-4 inches across, 30 to 60 days from seeding. You can eat the leaves and the root.

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Harvest of the Month is a program that highlights a locally available crop each month by providing a fresh, healthy snack in all six Charlottesville Elementary Schools. Students also learn about the crop in their schoolyard garden and classroom. Information on crop growing, nutrition and preparation is shared with teachers and families. The goal of Harvest of the Month is to support healthy living skills that strengthen our youth and community.

Thank you to the Buford Garden Aide class for researching and writing this month's backpack flyer!



City Schoolyard Garden is an independent non-profit organization that cultivates academic achievement, health, environmental stewardship and community engagement through garden-based, experiential learning.