



# Hey kids, become a **FOOD EXPLORER** and check this out!

## Turnips



### Did you know...?

- Turnips, parsnips, beets, and onions are called root vegetables because their enlarged root is what's eaten.
- Both the root and the green tops of turnips are edible.
- Turnips were carved to scare away evil spirits at Halloween before pumpkins became popular.
- Turnips were consumed in Germany during World War I when meat and potatoes were scarce.
- Turnips grow well in cold winter climates. They taste sweeter when harvested after a frost.

## DELICIOUS AND NUTRITIOUS

Turnips are high in fiber and are good for your intestine's health.

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### A SUPER SNACK IDEA

Puree turnips, carrots, and parsley together to make an alternative to mashed potatoes.

### TURNIP HUMOR

**Knock Knock. Who's there? Turnip!  
Turnip who?**

Turnip the heat, it's cold in here!