

Salad Turnips



SEASONALITY



NUTRITIONAL PROPERTIES

Salad turnips are a low calorie food. Salad turnips are a good source of fiber, and an amazing source of vitamin C.

STORAGE

Store salad turnips in a plastic bag in the refrigerator. Salad turnips can last 1-2 weeks. Removing greens from turnips may extend their fridge life.

PRESERVATION

Quick pickling salad turnips is an effective way to preserve radishes. Salad turnips do not freeze well.

HOW TO PREPARE

1. Wash and quarter or slice salad turnips.
2. Add to your favorite salad.

Sliced salad turnips can be added to salads, tacos, and relishes. Roasted salad turnips can be a great addition to most entrées.

RECIPES FROM HDFFA

with salad turnips

- Add salad turnips to Spring Citrus Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

