

SPOTLIGHT ON PRODUCE

TURNIPS

Turnips belong in the same family as radishes, mustard greens and arugula. They have a sweet, peppery, radish-like taste. Turnips can be eaten raw, but they can also be enjoyed any way you would prepare a potato.



FUN FACTS

Large turnips were used to carve Jack-O-Lanterns prior to the pumpkin.

You can eat the roots, stems and leaves of a turnip!

ROOT VEGETABLES



PARSNIPS

Parsnips are a root vegetable, similar to carrots, turnips and beets. You can store, prepare and eat parsnips just like you would a carrot.

FUN FACT

Parsnips have a nutty, peppery taste when eaten raw. The paler the parsnip is, the sweeter it will taste.

