



Winter Vegetable Gardening Tips from Joyce Gemmell

Turnips

The turnip, along with the next root vegetable belongs to the Brassicas. There are leafy brassicas, like collards, flowering brassicas like broccoli, and the ones with the edible stems and roots like kohlrabi and rutabaga. With selection of the right variety, turnips can be harvested in as little as 35 days. They are direct seeded in rows a foot apart or by broadcasting on a raised bed. They like a fertile, well drained soil and continuous moisture, especially the fast growing types.

Pests are common to all brassicas. Grow under Reemay if you want bug free crops. Underground pests are wireworms.



Varieties: An early variety: **Tokyo Cross Hybrid** or **White Lady**, (35 days). **Just Right Hybrid**, (60 days), **Purple Top White Globe** (55 days), **Golden Ball** (60 days). Any small white variety with a harvest date of 35 days can have the same characteristics of **Tokyo Cross Hybrid**. Names change but good genetic qualities are kept.

Planting Dates: Coastal region

Seeds can be planted from September to May.

Inland Region

Seeds can be planted from Mid September to April.

Nutritional Information...

Nutritional value per 100 g turnip greens cooked, boiled, drained, without salt (3.5 oz)

Energy	84 kJ (20 kcal)
Carbohydrates	4.4 g
Dietary fiber	3.5 g
Fat	0.2 g
Protein	1.1 g
Vitamin A equiv.	381 µg (42%)
Folate (Vit. B9)	118 µg (30%)
Vitamin C	27 mg (45%)
Vitamin K	368 µg (350%)
Calcium	137 mg (14%)

Percentages are relative to US recommendations for adults.

Source: Wikipedia : USDA Nutrient database