

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

Turnips

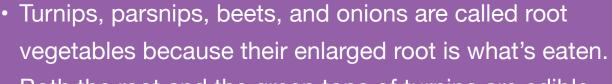






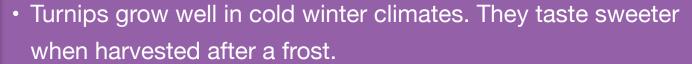






- Both the root and the green tops of turnips are edible.
- Turnips were carved to scare away evil spirits at Halloween before pumpkins became popular.







DELICIOUS AND NUTRITIOUS

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

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!