

The East London Garden Society

Plant Facts

Turnips



Turnips, like rutabaga and kohlrabi are tasty root vegetables that add heartiness and nutrition to meals. Having a mild flavour with a potato like texture when cooked makes them ideal for, soups, stews and casseroles. They can also be eaten raw in salads, coleslaw or eaten in sprouting form.

These vegetables are part of the cruciferous family, meaning nutrient dense, as well as being rich in antioxidants. Eating your vegetables in sprouted form is an easy way to get far more nutrients.

You can use the sprouting turnips raw in salads or add them to a vegetable juice, so turnip sprouts are well worth trying. Sulphur containing compounds found in turnip sprouts appear to have anti-cancer, anti-fungal, anti-parasitic plus antibacterial benefits. One study even found that turnip sprouts have the second highest level of sulphur containing compounds out of nine cruciferous vegetables tested.

If you're growing them at home, research shows that the eighth day of germination is the best time to harvest.

While turnip root is rich in nutrients and antioxidants, it is a starchy vegetable so should be eaten in moderation unlike greens which can be eaten in generous quantities.

Turnip greens are an excellent source of vitamin C, vitamin E, beta-carotene and manganese but it's their vitamin K content that really stands out. One cup of turnip greens will give you nearly 600% of your recommended daily value of the nutrient. Vitamin K is a powerful regulator of your inflammatory response so the anti-inflammatory plant-based omega-3s that is found in turnips makes this vegetable an inflammation fighting powerhouse.