



Gleaning Turnips



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Large Turnip, **Protein:** 2 g, **Fat:** 0.2 g, **Carbohydrates:** 12 g, **Fiber:** 3.3 g, **Sugar:** 7 g, **Calcium:** 55 mg, **Magnesium:** 20 mg, **Potassium:** 350 mg, **Vitamin C:** 38 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Roasted Turnips*

Season: *Summer/Fall*

Ingredients: 2 large turnips, peeled, cut into bite size pieces, 1 Tbsp. olive oil, 1 Tbsp. balsamic vinegar, 1 ½ tsp chopped fresh rosemary, salt and pepper to taste.

Instructions: 1. Preheat oven to 450 degrees and lightly oil a baking dish. 2. Stir together olive oil, balsamic vinegar, rosemary, salt and pepper. Pour over the turnips in a bowl and toss gently. 3. Spread the turnips evenly on the bottom of the baking dish. Bake for 25 minutes or until crisp-tender. 4. Garnish with a sprig of fresh rosemary. Enjoy!

Fun Facts:

- ★ Turnips are grown for both the enlarged root and top.
- ★ Turnips can be produced within 60 days.
- ★ Turnips grow best in cool area climates.
- ★ The first jack-o-lanterns were carved out of turnips.
- ★ Persians believed turnips were useful in treating the common cold.

Source: *TurnipTime.co.uk*

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
Or to make a donation,

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