Nutritional advice and interesting facts about turnips

• Turnips are an excellent source of fibre, vitamin C, vitamin B6, folic acid, and potassium.
• Turnip greens are very nutritious and are often eaten cooked.
• In New Brunswick as well as Canada, what we often call “turnip” is actually “rutabaga.”

Turnip as a snack in a zero-waste and healthy lunch-box – how to prepare

• Peel the turnip.
• Wash the turnip.
• Slice the turnip into sticks.
• Place a few turnip sticks in a reusable container.
• Place the container in the lunch-box.
• Keep the rest of the turnip sticks in the fridge for the next day.

A simple and healthy lunch-box snack idea!