

Turnips

Turnips are root vegetables that are in season October through March. Perfect for cool-season gardens, turnips are related to cabbage, Brussels sprouts, kohlrabi, and kale, as well as others. Turnips, with a slightly peppery taste to their mild flesh, can be mashed much like potatoes, and, of course, turnip greens are a traditional Southern side dish. Low in calories, a cup contains only 35 calories, along with a third of your daily Vitamin C.

Growing: When/Where to Plant

Spring planting: February 15 to April 30. Fall Planting: July 15 to September 15. Turnips are cool season crops and will make their best root growth during relatively low (40 to 60°F) temperature growing conditions.

How to Plant

Plant seeds outside in garden 5 inches apart.

Soil Requirements/Fertilizer

A moderately deep, highly fertile soil with pH 6.0 to 6.5 is best for growing turnips. Lime may be needed, so get a soil test done before planting. Follow the recommendations if lime applications are needed to raise the pH in acidic soils, or if soil macronutrients need to be supplemented.

Harvesting

Turnip greens and root can be used. Turnip roots are harvested for bunching when 2 to 3 inches in diameter. Turnip leaves can be harvested as single leaves, picked one at a time, or by several cuttings of the tops, taking care to avoid growing points or by cutting all tops at one time.

Special Notes

Good varieties for this area include Purple Top White Globe and Just Right.

MORE RESOURCES AND INFORMATION:

Central NC Planting Calendar for Annual Vegetables, Fruits and Herbs

<https://content.ces.ncsu.edu/central-north-carolina-planting-calendar-for-annual-vegetables-fruits-and-herbs>

NC Extension Gardener Handbook – chapter 16, Vegetable Gardening

<https://content.ces.ncsu.edu/extension-gardener-handbook/16-vegetable-gardening>

Vegetable Gardening: A Beginner's Guide

<https://content.ces.ncsu.edu/home-vegetable-gardening-a-quick-reference-guide>

NC Extension Gardener Plant Toolbox: <https://plants.ces.ncsu.edu/plants/brassica-rapa-rapifera-group>

LIST COMPILED AND DISTRIBUTED BY NC STATE EXTENSION MASTER GARDENERSM VOLUNTEERS, GUILFORD COUNTY
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