

Visit the cafeteria on
Local Harvest Day
NOVEMBER 14
and receive a free sample
of locally-grown
turnip greens!



HARVEST of the MONTH
WORD SEARCH

Fall Produce Word Search
Find and mark the words below

p	o	t	a	t	o	b	w	e	t
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apple turnip pumpkin lettuce
onion radish carrot potato

© What's Cooking with Kids

Seared Turnip Greens

Ingredients:

- 8 cups turnip greens (1 1/2 pounds)
- 2 Tbsp vegetable or olive oil
- 4 garlic cloves, chopped
- 1 cup water
- 1/4 tsp salt
- 1 tsp black pepper
- 2 Tbsp cider vinegar

Directions:

1. Clean greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice leaf into 1/2 inch pieces
2. In a large deep pot or skillet, saute garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt & pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve

Harvest of the Month

Turnip Greens

NOVEMBER 2018

Did You Know?

- Turnip greens are the leafy green portion of the turnip.
- Turnips can produce 8-12 leaves and the leaves can grow to be 12-14 inches tall.
- The turnip has been around since the 15th century B.C. and was originally cultivated for its oil seeds in Europe.
- Turnip greens are a member of the Brassica family along with cabbage, kale and Brussels sprouts.

HARVEST of the MONTH // Turnip Greens

In Texas, turnips are grown in the south and coastal areas all winter long. Turnips are grown for their roots and their greens. Turnip greens can be prepared by steaming, blanching or sauteing.

Houston

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