

Fresh Fruit & Vegetable Program (FFVP)

2011-2012

Timberlane Learning Center
Grafton Kennedy Elementary
John H. Morrison Elementary



Date:

Today's Fresh
Pick:

Rutabaga

Nutrition Facts Panel*

1/2 cup	70 g
Calories	25
	% Daily Value*
Total Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrates 5 g	2%
Dietary Fiber 1 g	4%
Sugars 4 g	
Protein 1 g	
Vitamin A	8%
Vitamin C	30%
Calcium	%
Iron	0%
*based on 2000 calorie diet	

Sources: www.fruitandveggieguru.com
<http://en.wikipedia.org/wiki/Rutabaga>
http://www.fruitsandveggiesmorematters.org/?page_id=7817

All about Rutabaga:

Rutabagas are a root vegetable and a **cool** weather crop. Plant seeds early in the season (as soon as the ground is thawed) and you'll harvest in 1 to 2 months. You can store them for many months. Choose one that is heavy for its size; lighter ones will have a woody taste. They are commonly used in soups and casseroles. They may be baked or boiled, and mashed just like potatoes.



Fun Facts!!

- ⇒ Rutabagas are cousins to turnips
- ⇒ Also known as (aka) the Swede turnip
- ⇒ Actually they are a cross between a turnip and a cabbage, but they look much more like a turnip.
- ⇒ Rutabaga comes from an old Swedish word: *rotabagge*—which means 'root bag'
- ⇒ Eat them raw or cooked, but peel them first!



Northridge Local Schools
Foodservices Department
2011 Timber Lane
Dayton, Ohio 45414