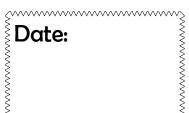
Fresh Fruit & Vegetable Program (FFVP)

Timberlane Learning Center Grafton Kennedy Elementary John H. Morrison Elementary

Today's Fresh Pick: Rutabaga

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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

- 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! turnip

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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. Chose 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.





