



## Child Nutrition Program March 2022 Harvest of the Month Recipe

# Turnip, Potato & Chorizo Hash



This hash is full of flavor and perfect for breakfast, lunch dinner! Pair with whole grain toast, fresh fruit and eggs for a delicious, and nutritious meal!

To make this plant based, substitute with Soyrito!

## Ingredients

- 1 bunch of white turnips
- Turnip greens from bunch
- 1/2 lb. of potatoes, diced
- 1/2 cup of red onion, diced
- 4 ounces of Mexican chorizo
- 2 Tbsp. olive oil

## Directions

1. Cut the turnip roots from the leaves.
2. Wash the roots, and slice the ends off.
3. Dice the turnips into 1/2 inch pieces
4. Wash and dice the potatoes
5. Dice the red onion
6. Wash the turnip leaves, dry, and chop
7. In a medium saucepan, add olive oil and heat over medium high heat.
8. Lower the heat, and the potatoes, turnips and onions.
9. Cook for about 15 minutes, until onions are translucent and potatoes and turnips are lightly browned.
10. Add in the chorizo and cook until done.
11. Add the chopped turnip greens, and cook for 2-3 minutes until greens are wilted.
12. Turn off the heat, serve and enjoy!



This institution is an  
Equal Opportunity Provider.



## Child Nutrition Program MARCH 2022 Harvest of the Month

# Turnips

## Varieties



### Purple-Top White Globe

These are the classic turnip! They are delicious, sweet and tender. They pair well with other root vegetables.



### Scarlet Queen

These turnips are a beautiful scarlet red, with a sweet, crisp flavor. These pair well with carrots, parsley, lemon and many other flavors.



### Baby Bunch

These small "baby" turnips grow to be 1 to 2 inches in diameter, and have a flavor similar to tart apples.

## Fast Facts

Turnips roots and leaves are both edible and nutritious. The roots and greens have Vitamin C and Calcium!



Turnips are delicious prepared a variety of ways: raw, pickled, whole, mashed and roasted!

The heaviest turnip ever grown weight 39 lb. 3 oz. and was presented at the Alaska State Fair in September 2004.

Turnip greens are commonly prepared as a side dish in the southeastern U.S.

## IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista



This institution is an Equal Opportunity Provider.

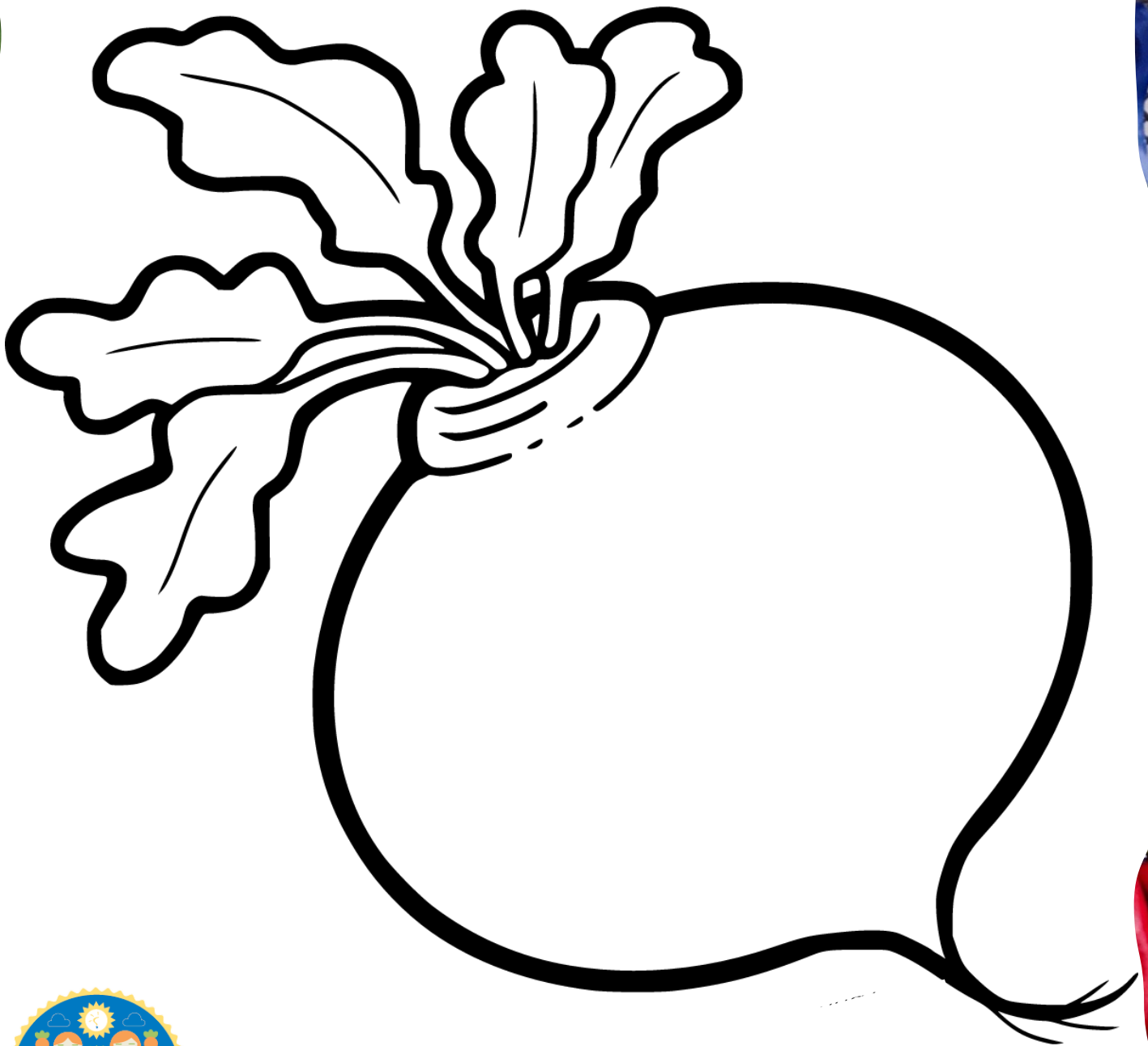




**IDEA**  
Public Schools

Child Nutrition Program  
MARCH 2022 Harvest of the Month

# Turnip Coloring Activity



This institution is an Equal Opportunity Provider.



## Child Nutrition Program MARCH 2022 Harvest of the Month

# Turnip Word Search

Directions:

Find the TURNIP related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

TURNIP  
ROOT  
VEGETABLE  
HARVEST

MARCH  
HASH  
NUTRITIOUS  
PURPLE

GOLD  
SCARLET  
BABY  
BUNCH

Z	E	O	H	B	U	N	C	H	D	Z	Q	K	N	E	M	S	K	W	I
P	A	C	A	Y	R	J	D	M	L	M	Y	A	L	B	Z	X	Y	W	B
R	I	A	S	X	C	F	E	O	O	B	M	B	C	K	Q	D	M	C	D
N	F	N	H	J	L	F	C	N	A	Y	A	T	P	R	E	R	F	P	R
V	H	A	R	V	E	S	T	B	E	T	T	N	J	M	D	B	R	O	G
R	L	D	Q	U	P	F	U	P	E	G	Q	Q	W	X	U	M	N	O	O
O	V	E	A	M	T	R	R	G	H	N	R	J	T	D	G	U	V	H	N
P	R	W	Y	J	A	D	E	J	E	G	B	I	T	L	T	W	P	Q	T
E	C	C	A	Q	F	V	M	Z	Z	N	M	N	R	R	Z	T	X	Y	O
J	W	X	M	Z	Y	N	M	H	W	L	T	A	I	S	W	E	B	N	O
E	L	P	R	U	P	V	E	D	I	I	W	T	R	F	O	L	B	E	R
V	E	Z	B	E	U	S	X	E	D	G	I	A	J	C	G	R	T	E	M
X	X	S	M	V	D	W	V	R	U	O	K	N	O	D	H	A	J	K	L
A	A	Q	Y	U	I	N	W	U	U	Q	S	T	Q	C	N	C	A	E	M
H	D	Z	L	N	M	F	W	S	X	M	V	Y	V	Y	C	S	Q	F	H



This institution is an Equal Opportunity Provider.







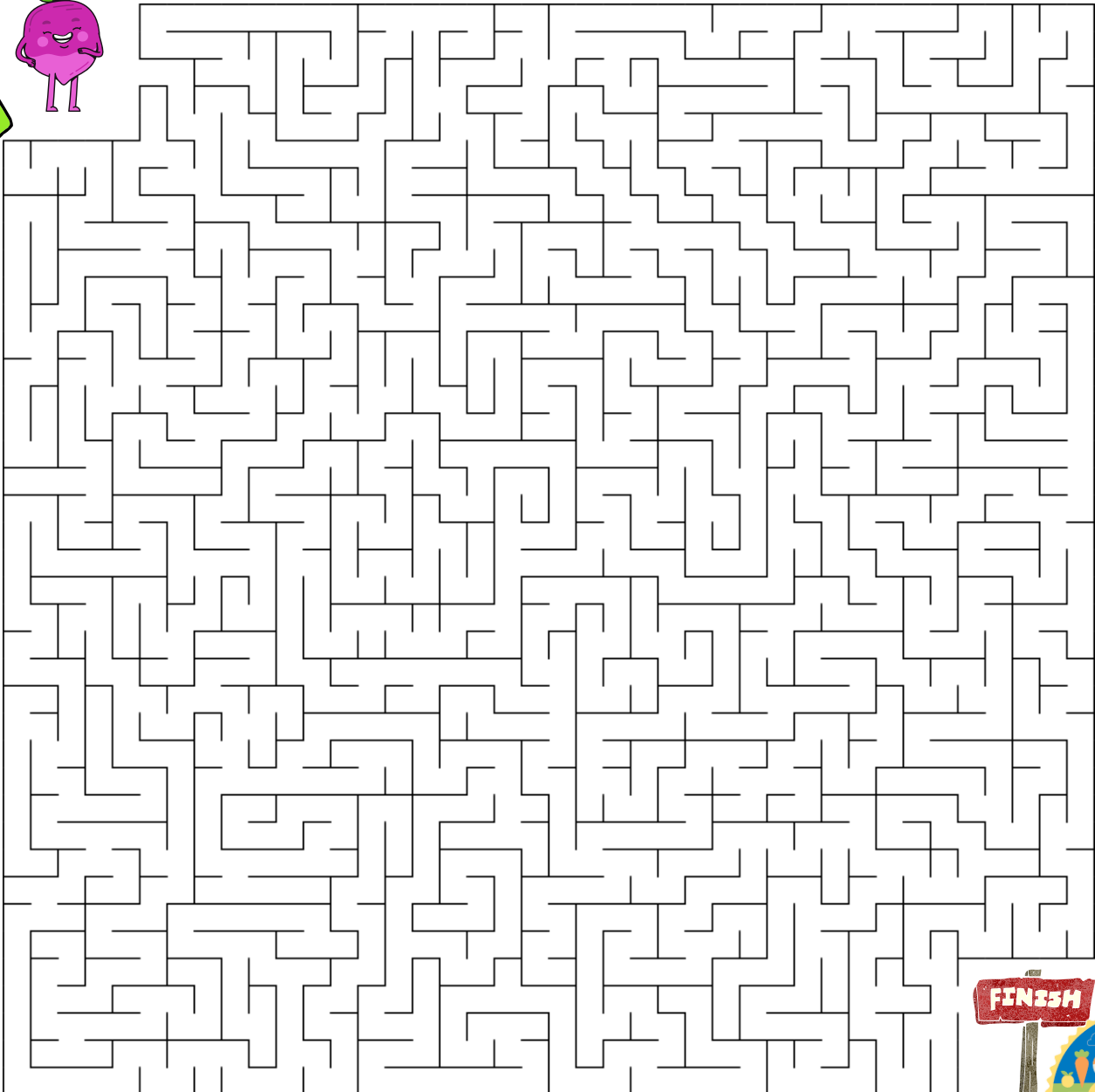
**IDEA**  
Public Schools

Child Nutrition Program  
MARCH 2022 Harvest of the Month

*Turnip Maze*

Directions:

Help Tina Turnip find their way to the finish line!



This institution is an Equal Opportunity Provider.





**IDEA**  
Public Schools

Child Nutrition Program  
MARCH 2022 Harvest of the Month

# Turnip Word Scramble

Directions:  
Unscramble the TURNIP Related Words!

Scrambled Word

Unscrambled Word

1. RPUTIN
2. AMCHR
3. TEAHSVR
4. ESACTRL
5. EQNEU
6. ABYB
7. UBHNC
8. OTRO
9. GNESER
10. ORISUNTUIT
11. EBDEIL
12. UACCMIL
13. EVIATYR
14. VAIINMST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Answer Key

- |           |           |                |            |             |             |          |              |
|-----------|-----------|----------------|------------|-------------|-------------|----------|--------------|
| 1. TURNIP | 2. MARCH  | 3. HARVEST     | 4. SCARLET | 5. QUEEN    | 6. BABY     | 7. BUNCH | 14. VITAMINS |
| 8. ROOT   | 9. GREENS | 10. NUTRITIOUS | 11. EDIBLE | 12. CALCIUM | 13. VARIETY |          |              |

This institution is an Equal Opportunity Provider.

