



## Tale of the turnip

The Ontario table turnip or rutabaga, has evolved over the years to become a popular low-cost vegetable. At the turn of the century, its ancestors were harvested by hand for livestock feed, as shown above. However, with advances in research and farm technology, the turnip developed a sweeter taste and finer texture. The modern turnip is a versatile, low-calorie vegetable and a good source of Vitamin C. It can be baked, fried, boiled, mashed, glazed, creamed or served raw. It can also be combined with other vegetables, such as onions, celery and peppers as shown.