

【Turnips】

Eat the leaves as well to get all of their nutritional content

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



The turnips we often see are Japanese white turnips that have a diameter of about 5-6 cm, and have larger harvests from April to June and from October to December. You can enjoy their different textures and tastes depending on when they are harvested.

Nutritional Content

- **Roots:** light-colored vegetable / Contain potassium, vitamin C, dietary fiber, diastase (digestive enzyme that breaks down starches), etc.



Diastase is said to regulate the stomach and intestines, and can be ingested efficiently if eaten raw.

- **Leaves:** dark-colored vegetable / Contain beta-carotene, vitamin C, calcium, etc.



How to Choose and Store

- **Roots:** Choose those that are shiny and firm, and with green and fresh leaves. Cut off and store the leaves separately to prevent loss of moisture from the roots.

Recommended Dishes

Spring turnips are soft and delicious when eaten as quick pickles or a salad.



- **Roots:** marinated cured ham, tuna salad, spicy cod roe-dressed turnip roots, turnip roots dressed in Japanese plum sauce, etc.
- **Leaves:** miso soup, quick pickles, braised young sardines, etc.



Quick pickles

Marinated dish

Miso soup

Reference material: Website "ehealthyrecipe" Daichi Sankyo Co., Ltd. / Website "Toretate Daihyakka" (Encyclopedia of seasonal food) JA Group / App "Wakuwaku Shokuzai Kenko Daijiten" (Encyclopedia of food and health) ChikyuOkoku, Ltd. / Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

[Note] When turnips are in season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

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