Turnips

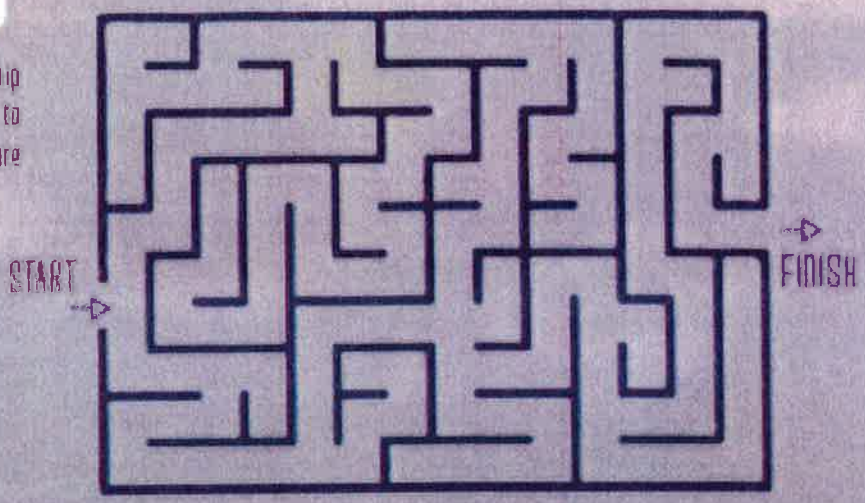
Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November

Calcium: Turnips are also a good source of calcium. Calcium helps keep your bones strong.

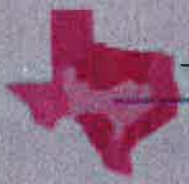
Activities



Joke of the Month

Q. What did the farmer say to his wife when she was looking for the dog?

see answer below



Growing Regions

Radishes

Radishes are also root vegetables, and are related to kale, broccoli, cauliflower, and horseradish. They can be sliced and eaten raw on top of salads, grilled or pickled for hamburgers, or roasted for a shish kabob.

Like many vegetables, radishes contain vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growing Region: Central Texas

Growing Months: October, November, March and April

November Panther Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Toast String Cheese Juice	2 Cereal Pineapples	3 Pancakes Sausage	4 Breakfast Pizza Juice
7 Cereal Pineapples	8 Cereal Pineapples	9 French Toast Sticks Juice	10 Pancake and Sausage on a Stick	11 Breakfast Pizza Juice
14 Pancake and Sausage on a Stick Juice	15 Toast Eggs Sausage	16 Cereal Pineapples	17 Cereal Juice	18 Breakfast Pizza Juice
21 Pancakes Sausage	22 Cereal Pineapples	23 Pancake and Sausage on a Stick	24 Cereal Pineapples	25 Breakfast Pizza Juice
28 Yogurt Juice Toast	29 Cereal Pineapples	30 Cereal Pineapples		

Visit: SquareMeals.org/SeasonalityWheel

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