PLANT FACT SHEET

Brassica rapa subsp. rapifera Metzg.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Japanese turnip

EDIBLE PARTS AND USES

Edible parts: Root, Leaves, Seeds, Seeds sprouts, Stem

The roots can be eaten raw, pickled, or used in soups, stews and casseroles.
Young plants can be eaten in salads. Plants are also salted.
Sprouted seeds are eaten in salads and sandwiches.
The plants can be peeled, cooked and dried and crushed to a powder and added to wheat flour in bread.
The leaves can be used as a potherb and also fermented.
The leaf stalks can be chopped and cooked in chicken stew.

DESCRIPTION

A cabbage family herb. The roots are swollen. There are short branching stems. The leaves are round with ragged edges.

HABITAT

It is a warm temperate to subtropical plant. They will grow in most soils. They do best in regions with mild temperatures. It suits hardiness zones 9-11.

PRODUCTION

Cultivation

Plants are grown from seed. They are planted 1 cm deep. They need to be kept moist to prevent them becoming bitter.

Harvesting and Seed Production

The turnips mature in 1-2 months.

NOTES

There are about 30 Brassica species and many cultivated varieties.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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