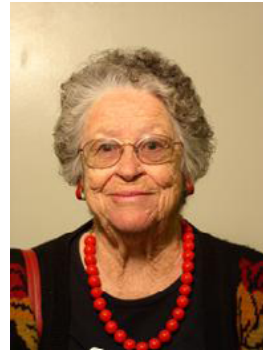




## *Winter Vegetable Gardening Tips from Joyce Gemmell*

### *Rutabaga Brassica*

RUTABAGA - Surprisingly, this is a cross between cabbage and turnips. They don't do as well as turnips here because they need a long cool growing season and most people plant them in the spring instead of the fall. They are good keepers in the refrigerator. They take the same cultural practices as the turnip



Varieties : **Purple Top Yellow** or **Laurentian** (90 days) (Nichol's, Stokes or Burpee's). **American Purple Top** (Park Seeds).

#### Planting Dates:

##### Coastal region

Seeds can be planted from September to May.

##### Inland Region

Seeds can be planted from Mid September to April.

#### *Nutritional Information ....*

Rutabagas, 1 cup (cubed and boiled)

|              |        |
|--------------|--------|
| Calories     | 66     |
| Protein      | 2.2 g  |
| Carbohydrate | 14.5g  |
| Total Fat    | 0.4g   |
| Fiber        | 2.2g   |
| Vitamin C    | 32mg   |
| Potassium    | 554mg  |
| Vitamin A    | 954 IU |

(From Pennington and Douglas, 2005. *Bowes and Church's Food Values of Commonly Used Portions.*)