

KOHLRABI

Datasheet

Name: Turnip

Scientific Name: Brassica rapa

Cultivation Characteristics:

1. Climate:

- Turnips are root vegetables that thrive in cool and temperate climates.
- The optimal temperature for turnip growth is between 15°C and 20°C.
- It can tolerate lower temperatures but not above 25°C to avoid slow growth and pungent root formation.

2. Sunlight:

- Turnips require good exposure to sunlight for healthy growth.
- Turnip plants need at least 6-8 hours of direct sunlight per day.

3. Soil Type:

- Turnips adapt to a wide range of soil types but grow best in well-draining, deep, and organic-rich soils.
- The ideal soil pH for turnip cultivation is between 6.0 and 7.5.

4. Seeding:

- Turnips are generally grown through direct seeding.
- Turnip seeds are buried at a depth of 1-2 cm in the soil.

5. Plant Spacing:

- The recommended plant spacing for turnips depends on the variety and desired root size.
- Typically, it is advised to plant seeds at a distance of 5-10 cm between them, with rows spaced 30-45 cm apart.

6. Irrigation:

- Turnips require regular watering to keep the soil consistently moist.
- Avoid overwatering, which can lead to root rot, but do not let the soil dry out completely.

7. Fertilization:

- Before seeding or transplanting, incorporate a slow-release fertilizer with a balanced formulation of nitrogen, phosphorus, and potassium into the soil.
- During turnip growth, you can apply nitrogen-based fertilizers to promote leaf and root development.

8. Weed and Disease Control:

- Keep the turnip cultivation area free from weeds that can compete for nutrients and water.



- Monitor the plants closely for signs of diseases such as downy mildew, alternaria leaf spot, or powdery mildew.
- Apply targeted and organic phytosanitary treatments to control disease and pest infestations.

9. Harvesting:

- Turnips are ready for harvest when the roots have reached the desired size and are crisp to the touch.
- Usually, you can start harvesting turnips after 50-60 days from seeding.
- Use a sharp knife to cut the top of the roots, remove the leaves, and clean the roots from the soil.

10. Characteristics:

- Good source of vitamin C and K.
- Contains B-group vitamins such as thiamine, riboflavin, and niacin.
- Rich in minerals like calcium, magnesium, potassium, and phosphorus.
- Also provides copper and manganese.
- Contains antioxidants such as glucoraphanin and sulforaphane.
- Good source of dietary fiber, promoting digestive health.
- Low-calorie content.
- Possesses anti-inflammatory and anti-tumor properties due to the presence of phytochemical compounds.
- Supports bone health due to calcium and vitamin K content.
- Promotes cardiovascular health due to potassium and antioxidant content.
- Contributes to the immune system's health due to vitamin C.
- Supports eye health through the supply of vitamin A and antioxidants.
- May aid in weight management due to low-calorie content and high fiber content.