

WHITE TURNIP

Datasheet

Name: Turnip

Scientific Name: Brassica rapa var. rapa

Cultivation Characteristics:

1. Climate:

- Turnip is a root vegetable that thrives in cool and temperate climates.
- The ideal temperature range for turnip growth is between 10°C and 20°C.
- It can tolerate lower temperatures but not higher than 25°C to avoid slow growth and lower root quality.

2. Sunlight:

- Turnip requires good exposure to sunlight for healthy growth and proper root formation.
- Turnip plants need at least 6-8 hours of direct sunlight per day.

3. Soil Type:

- The ideal soil for turnip cultivation is well-draining, light, and rich in organic matter.
- The ideal soil pH ranges between 6.0 and 7.5.

4. Seeding:

- Turnip is usually grown through direct seeding.
- Turnip seeds are sown at a depth of 1-2 cm in the soil.

5. Plant Spacing:

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

6. Irrigation:

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

7. Fertilization:

- Before seeding or transplanting, you can incorporate 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 powdery mildew, downy mildew, or gray mold.
- Apply targeted and organic phytosanitary treatments to control disease and pest infestations.

9. Harvesting:

- Turnips are ready for harvesting 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 part of the roots, remove the leaves, and clean the roots from the soil.

10. Characteristics:

- Provides vitamin C.
- Good source of B-group vitamins, such as thiamine, niacin, riboflavin, and pantothenic acid.
- Provides minerals like potassium, calcium, magnesium, and phosphorus.
- Rich in dietary fiber, contributing to digestive health.
- Contains antioxidants like polyphenols.
- Low-calorie density, primarily composed of water.
- Possesses anti-inflammatory properties that can help reduce inflammation in the body.
- Contains isothiocyanates, which may have potential anticancer properties.
- Supports heart health due to the presence of potassium and antioxidants.
- Contributes to the maintenance of bone and dental health due to calcium and phosphorus content.
- Supports the immune system due to the presence of vitamin C.
- May promote eye health due to the presence of vitamin A.
- May help regulate blood pressure due to potassium content.
- Can contribute to weight loss due to high fiber content and low-calorie density.