

Turnip

Area Under Cultivation

The main turnip growing states are Bihar, Uttar Pradesh, Assam, Karnataka, Haryana, Andhra Pradesh, Himachal Pradesh and Punjab.

Botanical Name : Brassica rapa

Family : Cruciferae

Plant Discription :

It is a green leaved, distinctly hairy biennial herbaceous plant with fleshy underground roots flat or globular in shape, generally white in colour and soft fleshed with a slender tap root beneath it.

Centre of Origin : Mediterranean region

Pollination System : Cross pollinated

Chromosome No. : $2n=20$

Nutritional Levels :

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
91.6	0.5	0.2	0.6	0.9	6.2	29
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
40		30	0	0.4		
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
		0	0	0	0	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
0	0.04	0.04	0.5	43	137	0