

Farm to School Local Harvest of the Month

RUTABAGAS



NUTRITION FACTS



Helps to regulate digestion



Can reduce wheezing in asthma patients



Can reduce the risk of cataracts



Helps to regulate high blood pressure

FUN FACTS

THE ORIGINAL JACK

The Irish and Scottish have used rutabagas for many centuries to make jack-o'-lanterns while the rest of the world has replaced it with pumpkins

AN UNLIKELY MARRIAGE

Is thought to be a cross between a turnip and a wild cabbage

SCANDINAVIAN?

Also known as "Swedes" because of their popularity in Sweden

RUGGED RUTABAGAS

In WWI, during the Rutabaga Winter of 1916-1917, much of Europe survived on little more than rutabagas because potato and grain crops failed