



# Turnips

Produced by:



— THE LAND —  
CONNECTION

## Fun Facts:

- Turnips were carved out and turned into lanterns to ward off harmful spirits as part of the original Halloween festivals in Ireland and Scotland.
- They were a symbol of rejection when presented to a suitor by an English maiden.
- In France, referring to a play or movie as “un navet” (a turnip) means that you find it terrible and consider it a “flop.”

## Nutrition Information:

- Turnip greens are an excellent source of vitamins K, A, C, and B complex, as well as calcium and manganese, and a good source of potassium.
- The turnip itself is a good source of vitamin C, potassium, and calcium.

## Preparation:

- Remove the greens and rinse or submerge them under cold water. Shake them and lay them on a towel to dry, or use a salad spinner.
- If the turnip is dirty, use a stiff-bristled vegetable brush or the rough-side of a sponge to clean it.
- You do not need to peel turnips, just remove the top, the “tail” of the root, and any damaged areas with a knife before cooking.

## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Greens:** use in salad mixes, add to stir-fry, add to soups, sauté with a little olive oil, braise with root vegetables, or lightly grill.

**Raw:** slice, grate, or matchstick turnips for salads, slaws, stir-fry, tacos, or for a veggie platter with spring herb dip.

**Boil:** cut into 1/2- to 1-inch-thick slices or cubes and place in a pot of boiling water (preferably salted) for 8-10 minutes. Once fork-tender, drain the turnips. Boiled turnips can be mashed, scalloped, or pureed.

**Steam:** cut into 1/2- to 1-inch-thick slices or cubes and place in a steamer basket above an inch of boiling water. Steam for approximately 12-15 minutes, or until they are fork tender.

**Roasting:** cut into cubes or large chunks, and toss in olive oil and herbs. Place on a baking sheet and roast at 425°F for 20 minutes. Check at 15 minutes and stir as needed. Roast until golden brown and fork tender.

**Soups:** dice or cube and add to hearty soups, stews, and curries. You can also puree and add to creamy soups as a base.

## Storage:

- Remove the greens and store turnips (unwashed) in a plastic bag in the refrigerator for 1-2 weeks.
- Turnip greens should be wrapped in a damp paper towel or placed in a plastic bag in your refrigerator. Use the greens as soon as possible.
- For longer-term storage, turnips (with the greens removed) can be packed in moist sand and kept in a cool location, like a root cellar.