



Rutabaga

Produced by:



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Fun Facts:

- Rutabagas are a cross between a turnip and a cabbage.
- The name “rutabaga” comes from the Swedish word rotabagge, which means “baggy root.”
- Rutabagas are also commonly referred to as Swedes, Neeps, or Swedish Turnips.

Nutrition Information:

- Rutabagas are high in carbohydrates, vitamins A and C, and several minerals, particularly calcium. Rutabagas also provide a decent amount of a variety of B vitamins.
- Rutabaga greens are a good source of vitamins K, A, C, and B complex, as well as calcium and manganese.

Preparation:

- Scrub rutabagas with a vegetable brush to remove any remaining dirt. Rutabagas may have a tough outer skin and can be peeled using a knife or a peeler. You do not have to peel most local/fresh rutabaga, so peeling rutabaga comes down to your personal preference.
- If you buy your rutabaga from the grocery store and it has been commercially waxed you will need to peel it.

Raw: slice or grate rutabaga and add it to salads, use it in slaws, or shave it for sandwiches.

Steam: cut into 1-inch cubes, place in a pot with a steamer basket over an inch of boiling water, cover, and steam for 30-35 minutes, or until tender.

Boil: cut into 1/2- to 3/4-inch cubes, drop into a saucepan of boiling water and cook, uncovered, for about 15-25 minutes, or until tender.

Roast: cut into 1-inch cubes or chunks, toss with melted butter or oil, season as desired, spread them out on a rimmed baking sheet in a single layer, and roast them at 425°F for 30-50 minutes. Check them at 30 minutes, then every 5-10 minutes after that until they are golden brown and tender.

Fry: cut into thin slices or “fries” and deep fry in a pan of very hot vegetable oil until golden brown. Drain on a paper towel, sprinkle with salt and pepper or the seasoning of choice, and serve.

Mash: steam rutabaga and then mash with cream and butter.

Puree: boil rutabaga and blend with heavy cream or stock until smooth.

Storage:

- Check for major soft spots on the root and cut any out before storing.
- Remove the greens and store rutabaga at room temperature for up to 1 week, or refrigerated in a plastic bag for up to 1 month.
- For longer-term storage, rutabagas (with the greens removed) can be packed in moist sand and kept in a cool (but not freezing) location, like a root cellar.