

Rutabaga

The rich vitamin C content in rutabaga helps to reduce the breathing difficulties in asthma patients. Regular consumption of rutabaga decreases the risk of easy bruising that may otherwise happen when there is lack of vitamin C in the body. It enhances digestion, lowers blood pressure, and helps in relieving constipation.



TIPS:

Storage: Rutabagas are made to store. They have a thick skin which releases moisture very slowly and so they stay in good shape for a long time as long as they are in a cool, humid place.

General Cooking Info: The best introduction to the rutabaga may be to incorporate them into your next potato mash. Boil the potatoes and rutabagas separately as they have different cooking times. Mash together in your favorite mashed potato recipe. Otherwise, they can be made into great soups, stews, and roasts.

Growing info: Rutabagas need to grow a long time before their ready for harvest. We plant in early July to get a crop in October.

Common Problems: It's hard to protect young seedlings from flea beetle attack in the early summer. We use row covers, but sometimes it gets too hot under them and the plants get stressed. We managed to find the right balance between covering and uncovering the crop the last two years and we were able to have a good harvest

Glazed Rutabaga

Makes 6 servings.
1 lg. rutabaga (3/4 inch
cubes)
1/4 c. butter
2 tbsp. brown sugar
1/8 tsp. nutmeg
Freshly ground pepper

Cook rutabaga in boiling
salted water, covered until
tender-crisp, about 15
minutes. Drain well. Add
butter to rutabaga; sprinkle
brown sugar on top. Cook
over moderate heat, stirring
gently with a fork until butter
and sugar melt. Add nutmeg
and a grating of pepper. Toss.
Serve immediately.

from Cooks.com

Rutabaga and Apple Casserole Recipe

3 cups peeled sliced rutabaga
2 med. apples, sliced
1/2 c. brown sugar, packed
3 tbsp. butter
Salt

Cook rutabaga slices in
boiling salted water until just
tender; drain. Place half of
slices (rutabaga) and half of

apple slices in greased 1
quart casserole. Sprinkle with
half of brown sugar and dot
with half of butter. Sprinkle
with salt. Repeat layers.
Bake, covered at 350
degrees for 30 minutes.
4 to 6 servings.

Good Rutabaga Casserole (Finnish)

1 rutabaga
1-2 eggs
1 tsp. salt
3/4 c. sugar
1/2 c. milk
1 tbsp. flour
Butter
Bread or cracker crumbs

One medium sized rutabaga
cut up and cook until done.
Drain and mash while hot.
Add 1 or 2 beaten eggs,
sugar, salt, flour and milk; mix
well and bake in a buttered
casserole for 35 minutes at
350 degrees after dotting with
butter and crumbs.

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