

# Turnips

Turnips have been under cultivation for around 4000 years. Originates in Eurasia. Turnips are a "starch" vegetable, but provide only one third the amount of calories as an equal amount of potatoes. Turnips provide an excellent source of vitamin C, fiber, folic acid, manganese, pantothenic acid, and copper.



## TIPS:

**Short-term Storage:** Separate the greens from the roots as soon as you can (greens will pull moisture out of the root even after being picked). Store separately in perforated bags for about a week. Roots will last longer.

**Long-term Storage:** The roots can be pickled. The greens could be blanched and frozen. Some varieties have thick skins and can be stored in a cool humid spot for months.

**General Cooking Info:** Turnips are boiled, sauteed, fried, and baked. They can also be pickled.

**Growing info:** We grow turnips in the fall.

**Common Problems:** See kale



white turnips tend to be very tender and sweet!

### **Crispy Turnip 'Fries'**

#### Ingredients

3 pounds turnips  
 1 tablespoon vegetable oil  
 1/3 cup grated Parmesan cheese  
 1 teaspoon garlic salt  
 1 teaspoon paprika  
 1 teaspoon onion powder

- 1.Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil and lightly grease.
- 2.Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the vegetable oil to coat. Place the Parmesan cheese, garlic salt, paprika, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
- 3.Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

*from Allrecipes.com*

### **Nana's Mashed Turnip**

1 large turnip, peeled and cubed  
 3 white potatoes, peeled and cubed  
 1/4 cup milk  
 3 tablespoons unsalted butter  
 1 teaspoon white sugar  
 3/4 teaspoon salt  
 1/4 teaspoon pepper

- 1.Preheat oven to 375 degrees F (190 degrees C).
- 2.Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain.
- 3.Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.
- 4.Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

*from Allrecipes.com*

### **Scalloped Turnips**

4 Tbsp butter  
 1/2 cup thinly sliced onions  
 4 cups peeled, sliced turnips  
 2 Tbsp flour  
 1 teaspoon salt  
 Freshly ground black pepper  
 1 cup milk  
 1/2 cup cream  
 Preheat oven to 350°F. Butter a 1-quart casserole. Melt 1 Tbsp butter and lightly sauté onions until just wilted.

Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice. Mix milk and cream together and pour over the turnips. Cover and bake in a 350°F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.