

TURNIPS & TURNIP GREENS

Nutrition Facts:

Turnips are a great source of:

- Vitamins A for **healthy growth and development**, and for **good vision**.
- Vitamin C for **fighting infections and healing**.
- Vitamin K and Calcium for **strong bones**.
- Folate for a **healthy brain**.
- Lutein for **healthy eyes and heart**.
- Turnip greens have a large amount of calcium for **strong bones!**
- Turnips contain a compound which is praised for its **cancer prevention properties!**



What is a turnip?

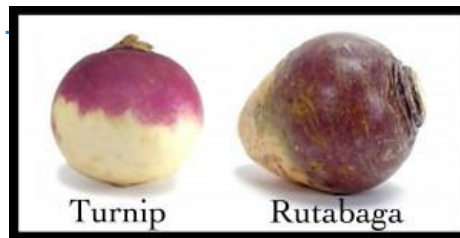
Turnips are related to arugula and radishes. They share a little of their nutty heat, but they are sweeter.

Turnips are a root vegetable grown throughout the world.

Some turnips are all white and some have a blush of purple on top. The purple coloring on the top of the turnip is where the sunlight has fallen on the vegetable while growing.

Fun Facts!

- Because it is easy to grow, turnips are grown and eaten all over the world including Turkey, Japan, Austria, Iran and India.
- The leaves of the turnip are more nutrient dense than the root. Eat them together for great benefits from the whole plant!
- Rutabagas look very similar to a turnip, yet you'll find the flavor and texture to be quite different. For the turnip, look for small and smooth bulbs which may or may not have a bit of purple on top. Rutabagas are much larger, have a rough exterior and have deeper purple on top than a turnip.



Psst! Notice the Sno-Valley Harvest logo is a turnip!



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How To Prepare Turnips

HOW TO:

STORE: Store your turnips in a plastic bag in your refrigerator. Do not wash until ready to use.

Turnips can keep for 1-2 months in the refrigerator.

GREENS:

The greens can be washed and stored in the refrigerator in a plastic bag until they will be used. It helps to shake excess water out of the greens before putting them in the refrigerator.

The turnip greens can be steamed or sautéed or added to soups for added vitamins and minerals.

Greens can also replace spinach in salads or other recipes!

Prepared by Hopelink Volunteers

References:

1. Turnip Greens. Whfoods.com
2. Turnip photo: vegancoach.com
3. Mashed turnip photo and recipe. Cooking.lovetoknow.com
4. Turnips. Mayclinic.com

Versatile Root:

Turnips can be eaten a number of ways. They can be eaten **raw** just as you would eat a radish or a carrot or **grated** and added to salads.

Turnips can be **roasted, grilled, sautéed, baked** or **boiled** and **mashed** just like you would make mashed potatoes. In fact, many people boil their turnips with potatoes and mash them together.

Turnips are great in salads, casseroles, soups, stews, sautéed as a side dish, or added in a burrito! Their delicate flavor makes them easy to add to many dishes!

Mashed Turnips

Ingredients:

- 1 lb turnips peeled and diced (about 3 cups or 5 small/medium turnips)
- 1/8 cup or so of milk or broth
- 1 tablespoon butter
- ½ tablespoon sugar
- ½ teaspoon salt
- Dash pepper
- 3 or so cups water

1. Place turnips pot with enough water to cover them.
2. Bring water to a boil, and then add the sugar.
3. Reduce heat to medium and cover. Water should be boiling gently, not a hard, rolling boil.
4. Cook 10 to 15 minutes or until vegetables are tender when pierced with a fork.
5. Remove from heat and drain in a colander.
6. Return vegetables to the hot pan and add the butter, milk, salt and pepper.
7. Mash with a potato masher or hand mixer until the mixture is smooth and creamy.



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