

# Cleveland County Kitchen

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## Nutrition Facts Label for Turnips

Nutrition Facts	
Servings per container	
Serving size	1/2 cup turnips, cubed (65 g)
Amount per serving	<b>18</b>
<b>Calories</b>	
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 44 mg	2%
Total Carbohydrate 4 g	1%
Dietary Fiber 1 g	5%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron <1 mg	1%
Potassium 124 mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Inside This Issue:

<b>Food of the Month Nutrition Facts</b>	<b>1</b>
<b>Selection, Storage, Preparation</b>	<b>2</b>
<b>Recipes</b>	<b>3</b>
	<b>4</b>

## Food of the Month - Turnips



Turnips make a great addition to the vegetable garden because both the root and the tops, turnip greens, can be eaten.

While turnips are not as common as many other vegetables, they are one of the oldest known vegetables. They were used in the Middle Ages for their nutritional value and even as a treatment for a variety of health conditions. They were first grown in America, (in Virginia), in 1609.

Botanically, turnips are part of the brassica family which includes vegetables such as: cabbage, Brussel-sprouts, cauliflower, broccoli, kale, etc. They are known today as a delicious and nutritious vegetable that can be found at local farmers' markets in the spring and fall. They come in a variety of shapes, from round to cylindrical, and a variety of colors, from rose to black, with the most common being those with a light purple blush on top and white at the bottom portion.

### Harvesting

Turnip roots should be harvested when the bulbs are young and fairly small. Turnip tops/greens can be harvested early, while the greens are young and tender. Continual harvesting of the greens will affect the turnip root. Certain varieties are recommended for better harvest of turnip roots and/or greens.



### Nutrition



Turnips and turnip greens can add nutrition and variety to family meals. The nutritional benefits of turnip roots include (see nutrition facts panel):

- Excellent source of vitamin C
- Low in fat, sodium, and calories (about 18 calories per 1/2 cup serving)
- Turnip Greens
- Good source of vitamins A, C, and K
- Good source of folate, calcium, and lutein (an antioxidant linked to eye health)

Visit the **Fruits & Veggies More Matters** website to find out more about turnips and the *Top 10 Ways to Enjoy Turnips* [www.fruitsandveggiesmorematters.org/turnip](http://www.fruitsandveggiesmorematters.org/turnip)

## Selection

- Choose small to medium, young turnips, about, 2 1/2 – 3 inches in diameter, for the sweetest flavor.
- Choose turnips that feel firm and heavy with no soft spots or blemishes.
- If the tops are still attached, look for fresh-looking greens and plan to enjoy them as a delicious side dish.
- Check for a somewhat sweet aroma.

Avoid— Overgrown turnips and turnips that show signs of pithiness, these can have a strong flavor. These may have been left in the ground during hot weather or during hard freezing weather.

## Storage & Food Safety

- Wash hands and food contact surfaces before and after handling fresh produce.
- Clean turnips by using a vegetable brush and wash thoroughly under running water.
- Store turnips (unwashed) in a plastic bag in the vegetable crisper of the refrigerator or in a cold root cellar for several months. Note: turnips can get bitter if stored too long.
- Storage time: Refrigerator – a few days to one week, they can get bitter when stored too long; Freezer – 8 to 10 months.
- Turnips can also be canned (however, they may discolor and develop a strong flavor) or frozen. To maintain the best quality and nutritional value, preserve only what your family will eat in one year.

## Preparation

Turnips can be eaten raw or cooked. Larger turnips should be peeled, while smaller varieties, “baby turnips” can be used without peeling. Prepare turnips as a flavorful side dish or add to salads, soups stews, or casseroles. Consider adding turnips to mashed potatoes for added flavor and nutrients. Use these ideas to get you started enjoying turnips!



**Seasonings** that work well with turnips: garlic, coriander, cumin, chili powder or cardamom.

**Raw** – select smaller turnips, cut into ¼ - ½ inch slices or cubes to add to a salad, slaw or veggie tray.

**Boil or Steam** – slice turnips into pieces and place in steamer basket or in pan with boiling, salted water. Steam or boil **uncovered** for about 10-20 minutes or until tender. This will allow the bitter gases to escape. After boiling/steaming, add turnips to casseroles or blend with potatoes.

**Microwave** – Place turnip quarters or 1-inch cubes in a microwavable dish with two tablespoons of liquid. Cover with a lid or vented plastic wrap. Microwave on High for 3-6 minutes or until tender.

**Roasting** – Prepare alone or add with other root vegetables, such as carrots and sweet potatoes. Roasting brings out the sweetness of turnips as it caramelizes the outside and leaves the interior moist.

Coat quartered or cubed turnip pieces with olive oil and sprinkle with rosemary or other seasonings. Spread seasoned pieces in a single layer in a shallow baking pan. Roast at 400-425 degrees for 20-30 minutes or until tender, stirring half-way through.

**Sauté** - Heat pan/skillet to medium or medium-high heat, add olive oil to just coat bottom of pan, add turnip pieces. Stir to cook evenly and allow for browning. Sauté about 5 minutes or until tender.



## Grated Turnip and Apple Salad

### INGREDIENTS

2 turnips, peeled & grated	1 clove garlic, minced & mashed
2 crisp green apples, seeded & grated and tossed with lemon or lime juice	1 chile, seeded & minced
Juice of 1 large lemon or 2 limes	Sugar to taste—approximately 1 tablespoon
6 scallions, sliced	1 handful chopped cilantro
2 tablespoons oil	OPTIONAL: grated carrot

### DIRECTIONS

Combine apple with other ingredients and mix well.

Source: University of California Cooperative Extension, *Fresh From the Garden Series – Root Vegetables - Turnips*



## Mashed Turnips & Potatoes

### INGREDIENTS

4 large turnips, peeled and cut into 2" cubes  
 1 large potato, peeled and cubed  
 1 tablespoon butter or margarine  
 About 1/4 – 1/2 can (5 oz) evaporated skim milk  
 Salt and pepper to taste

### DIRECTIONS

Boil turnips and potatoes until very tender in enough water to prevent them from scorching. If water boils away before turnips and potatoes are soft, add more. (Alternatively, turnips and potatoes may be microwaved.)

Drain turnips and potatoes well and mash with the butter/margarine until smooth. Beat in about 1/4 of the can of evaporated milk and add salt and pepper to taste. Add more milk, if necessary, to reach desired consistency.

Note: If turnips are bitter, stir in a small pinch of sugar. This recipe can also be prepared without potatoes.

Source: University of California Cooperative Extension, *Fresh From the Garden Series – Root Vegetables - Turnips*

## Sautéed Turnips with Spinach and Raisins or Craisins

### INGREDIENTS:

2 tbsp. olive oil	1 clove garlic, minced
3 medium turnips, peeled and cut into matchsticks	1/2 cup raisins or craisins
3 tbsp. fresh lemon juice	10 ounces fresh spinach, coarsely chopped
Nutmeg, freshly ground	Salt and pepper

### DIRECTIONS:

In a sauté pan, heat the oil with the garlic. Add the turnip and raisins and cook for about 1 minute. Add the lemon juice; cover and cook for 3 more minutes. Stir in the spinach and cook just until wilted. Sprinkle with nutmeg and salt and pepper to taste. Source: NC Cooperative Extension, The Produce Lady

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## Turnip & Potato Soup

1 medium onion, chopped  
 3 small potatoes  
 1 ½ Tablespoons butter  
 2 cups low sodium vegetable or chicken broth  
 A few sprigs of thyme  
 Chopped parsley or thyme, for garnish

1 large stalk celery, chopped  
 6 small turnips  
 3 ½ cups water  
 3 Tablespoons milk  
 Pepper to taste  
 1 teaspoon salt or granulated chicken bouillon

1. Chop onions and celery. Wash the potatoes and turnips and cut into bit-sized chunks. If the turnip skins are tender, chop without peeling; otherwise peel.
2. Melt butter in a large pot. Add vegetables, stir once, then add 1/2 cup water and thyme sprigs.
3. Simmer for 5 minutes.
4. Add water, broth and salt. Simmer until vegetables are very tender, 15-20 minutes. Optional step to puree soup - using blender or food processor, puree soup in batches, until smooth. Return soup to pot and continue with step 5.
5. Add milk, and salt and pepper to taste.

Garnish with chopped parsley or thyme.

Makes: 4 servings

Source: Recipe adapted from Cornell University Cooperative Extension



## To Freeze Turnips or Parsnips

Select small to medium, firm turnips or parsnips that are tender and have a mild flavor. Wash, peel and cut into 1/2-inch cubes. Water blanch for 2 minutes. Cool promptly in cold water and drain. Pack into freezer bags or containers, leaving 1/2-inch headspace. Seal, label and freeze.

Source: National Center for Home Food Preservation and "So Easy to Preserve," Cooperative Extension Service, The University of Georgia. <http://nchfp.uga.edu/how/freeze/turnip.html>

## Spring Greens and Black-Eyed Peas

16 ounces fresh new greens, such as baby kale, collards, turnip or mustard greens, or Swiss chard  
 1 Tablespoon olive oil  
 1 large onion, quartered and thinly sliced  
 One 16-ounce can black-eyed peas, drained and rinsed  
 2 Tablespoons balsamic vinegar or apple cider vinegar, or to taste  
 Salt and black pepper, to taste

1. Wash greens in cold water and pat dry. Discard tough stems. Trim away thick mid-ribs from the leaves. Discard ribs or slice thinly and use. Chop the leaves into large pieces.
2. Heat the oil in a pot or large stir-fry pan. Add onion and saute over medium heat until golden.
3. Add greens, cover, and steam until tender. If using kale or collards, add 1/4 to 1/2 cup water to keep mixture moist. Allow 3 to 5 minutes to steam Swiss chard; 10 to 15 minutes to steam the other types of greens.
4. Stir in the black-eyed peas and vinegar. Cook until everything is just heated through.
5. Season to taste with salt and pepper, and serve.

Makes: 6 servings Nutrition Information: CALORIES 190 (21% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 33g; FIBER 8g; PROTEIN 6g; CALCIUM 25%; IRON 15%

Source: Cornell University Cooperative Extension