

Turnips 101

Try them roasted...seriously.



 **Shared Legacy Farms**
Elmore, OH
Community Supported Agriculture

THREE TYPES OF TURNIPS



Hakurei white
Sweet, mild flavor

Pink Round
Spicier than Hakurei

Purple Top
Fall rustic, bitter, spicy

Tasting Notes:

Turnips are a root vegetable, related to broccoli and Brussels sprouts, but the greens can also be cooked for amazing results. Turnip roots have a cabbage-like flavor and a starchy, potato like interior. Large or old turnips can be unpleasantly “hot” if not cooked properly, but younger turnips are surprisingly sweet and can be eaten raw. They are best in the fall or spring, when they are small and sweet.

How to store:

Roots: Look for small, firm turnips without split roots. Store in a plastic bag in the crisper drawer of your fridge for up to a week. Remove the greens before storing.

Greens: If greens are attached, they should look fresh, not yellow. Remove the greens from the turnips and store in a separate plastic bag in the crisper drawer (with humidity vent closed). Use within 2-3 days for best texture.

How to Prep:

Roots: Remove the rootlet and green tops. Wash and cut into wedges or slices.

Greens: Wash well to remove dirt. Remove stems if they are tough. Tear or chop leaves.

TURNIP

Brassicaceae

Nutritional Snapshot

- A root vegetable and member of the cruciferous family, along with other vegetables like bok choy, Brussels sprouts, and kale
- 2 grams of fibre, 1 gram of protein and great source of vitamin C, folate, phosphorous and calcium in every cup

Medicinal Uses

- Glucosinolates are a group of bioactive plant compounds that also provide antioxidant activity
- They break down into indoles and isothiocyanates, both of which are bioactive byproducts with anti-inflammatory properties

Best Uses:

Sliced or grated in Salads

Raw on vegetable tray

Mashed with potatoes, bacon, and parmesan

Sautéed in olive oil

Roasted

Stir fries

Turnip/Potato pancakes

Soups and stews

Pickled

Slaw

Gratin

Skillet hash

Fries or Chips

Sautéed (greens)

Stews/soups (greens)

Substitutes:

Rutabagas, parsnips, carrots, kohlrabi, radish

You Can Eat the Turnip Greens!

The spicy greens of the turnip plant are tender, peppery, and so good to eat when young. But if you get the leaves of an older turnip, you'll find them strong, bitter and tough. You can eat young greens raw; older greens have to be cooked.

How to Freeze Turnips:

To freeze turnips, you'll need to blanch them first.

1. Wash turnips in cold water and trim the tops and bottoms.
2. Do not peel, but dice into smaller pieces.
3. Blanch in boiling water for 2-3 minutes.
4. Quickly remove the turnips and dunk them into a bowl of ice water.
5. Drain well and place in a freezer bag to freeze.

6 Ways to Eat Turnips:

1. Roasted

Like all root vegetables, turnips really shine when they are roasted. Toss with olive oil, garlic, or ginger, your favorite spices, and you're in for a treat!

2. Braised

Turnips are great for braising. They absorb the flavorful braising liquid, mellow out, and become sweet and



Roasting Turnips

1. Wash and trim turnips. Cut larger ones in half. Drizzle with olive oil and toss to coat. Spread on a lined baking sheet and sprinkle with kosher salt.
2. Roast in 425 degree oven for 15 minutes or until tender or caramelization occurs.



juicy. Add them into your next veggie stew.

3. Grilled

Toss whole or halved turnips with some oil or butter, then throw onto the grill until some nice grill marks appear.

4. Cooked like other greens

Don't forget turnip greens are edible! Stir-fry or sauté the tops, or blanch the greens and blend them with some garlic, nuts, and cheese to make a lightly spicy pesto. Tops can also be wilted into pasta dishes, risotto, or even soups (think gumbo).

5. Raw

Our salad turnips are so sweet that they can be eaten raw. Julienne them into matchsticks and add them to a vegetable tray and dip with your favorite dip or hummus. Or slice them into your green salads.

6. Pickled or fermented

Turnips can be pickled and fermented but still retain a refreshing crunch. Just swap turnips into your favorite cucumber or carrot pickle recipe, or add them to your next homemade batch of kimchi.

Suggested Recipes:

Radish and Turnip Hash with Green Garlic and Fried

Eggs *Adapted from thekitchn.com*

Ingredients:

2 to 3 small turnips, trimmed, peeled, and cut into 3/4-inch cubes (about 1 1/2 cups cubed)

4 to 5 small radishes, scrubbed and trimmed, and cut into 3/4-inch cubes (about 1 1/2 cups cubed)

Coarse sea salt

Freshly ground pepper

2 tablespoons grapeseed oil, or other neutral, heat-tolerant oil

1 garlic scape, minced

2 tablespoons unsalted butter

4 eggs

1 tablespoons minced parsley

Directions:

Fill a large saucepan with water and bring to a boil. Add 2 teaspoons sea salt. Boil turnip cubes just until tender, 3 to 4 minutes; remove to a bowl with a slotted spoon, pour off any excess water, and set aside. Next, boil radishes briefly, 30 to 60 seconds; remove to a bowl with a slotted spoon, pour off any excess water, and set aside.

Set a large cast iron skillet over medium-high heat. Add grapeseed oil and when hot, add turnips and radishes, and a pinch each sea salt and pepper. Turning vegetables only once or twice, cook 8 minutes or until golden-brown. Turn heat to medium and fold in garlic, cooking for about a minute. Push vegetables to the sides, melt butter in the center of pan, and add the eggs, salting each individually. For over-easy eggs, cook uncovered 4 to 6 minutes; for over-medium eggs, cover pan for 3 minutes, then uncover and continue cooking just until whites are set, 2 to 3 minutes longer.

Finish with minced parsley and sea salt and pepper to taste. Serve immediately.

Turnip Salad

Ingredients:

1 bunch turnips, washed and sliced into 1/4-inch thick rounds

1/2 medium cucumber, largely diced (1/2-inch cubes)
3 scallions, light green and white parts only, sliced thinly into rounds
1/4 c shelled pistachios
1/4 c crumbled feta cheese
salt and pepper, to taste
juice of 1 lemon
3 T extra virgin olive oil

Directions:

In a medium salad bowl, combine the turnips, cucumber, scallion, and pistachios. Sprinkle feta cheese on top, as well as a big pinch each of salt and black pepper. Drizzle lemon juice and olive oil over salad, and toss gently to combine. Serve immediately (if you need to make the salad ahead of time, combine everything but the feta, salt, pepper, lemon juice and olive oil – add these ingredients just before serving).

Yields about 4 cups salad.

Skillet Turnips and Potatoes with Bacon

Adapted from Bon Appétit

This side dish is great with pork. Make sure to use a big skillet so the vegetables have plenty of room to brown. Alternatively divide the recipe in half or use two smaller skillets. Makes 6 servings.

Ingredients:

1 T red wine vinegar
1 T sugar
2 T extra-virgin olive oil
8 ounces thick-cut bacon slices, cut crosswise into 1-inch pieces
1 medium sweet onion, thinly sliced
4 large fresh garlic cloves, peeled, crushed
1 1/2 pounds salad turnips, peeled, cut into 1-inch chunks

1 1/2 pounds potatoes, peeled, cut into 1-inch chunks

1 t coarse sea salt

1 T chopped fresh Italian parsley

Directions:

Mix 1/4 cup water, vinegar, and sugar in small bowl. Combine oil and bacon in heavy large skillet; sauté over medium-high heat until fat is rendered, 3 to 4 minutes. Add onion and garlic; sauté until onion is golden, about 5 minutes. Add turnips and potatoes; sprinkle with 1 teaspoon sea salt and toss 5 minutes. Reduce heat to medium-low, cover, and cook until vegetables are almost tender, stirring and turning vegetables occasionally, about 15 minutes.

Push vegetables to 1 side of skillet. Pour vinegar mixture into cleared space. Toss vegetables with vinegar mixture. Spread vegetables in even layer in skillet; cook until golden and slightly crisp on bottom, about 4 minutes. Turn vegetables over; spread in even layer and cook until browned and slightly crisp on bottom, about 4 minutes. Continue to turn, spread, and cook vegetables until tender, golden, and crisp around edges, 7 to 8 minutes longer. Season with more sea salt and black pepper. Transfer to bowl. Sprinkle with parsley.

Pickled Hakurei Turnips

Recipe adapted from Ziedrich, The Joy of Pickling, 250 Flavor-Packed Recipes for Vegetables and More from Garden of Market.

Total time required: 30 minutes, plus additional unattended time for pickling.

Ingredients:

1 bunch Hakurei turnips, trimmed at top and bottom and peeled if desired

2 t pickling salt

1 1/2 c water

1 T seeded and minced hot or sweet pepper

3 T sugar

1 1/2 c rice vinegar or white wine vinegar

Directions:

Score each turnip several times at top and bottom. Put the turnips into a bowl. Stir the salt

into the water until the salt dissolves. Pour this brine over the turnips. Let them stand at room temperature for 30 minutes to an hour.

Drain the turnips well, return them to the bowl with the minced pepper, and toss well.

Combine the sugar and vinegar, stirring until the sugar dissolves. Pour the liquid over the turnips. Cover the bowl with plastic wrap and refrigerate the turnips for two days, after which they will be ready to eat. Well covered and refrigerated, they will keep for several months.

Braised Salad Turnips with Balsamic Glaze

Adapted from ripleyorganicfarm.com

Salad turnips are turned into a magical side dish with the addition of a balsamic-based glaze.

Total time required: about 20 minutes. Makes 2-4 servings.

Ingredients:

2-3 T butter

1 bunch salad turnips, greens removed and saved for another use, roots trimmed and quartered or cut into bite sized chunks depending on size

2-3 T water

2-3 T balsamic vinegar

1 T sugar or 2 teaspoons maple syrup

salt and pepper to taste

minced fresh herb like parsley, scallions, etc. (optional)

Directions:

Melt butter in pan and add turnips to coat. Add water and bring to simmer. Reduce heat to maintain slow simmer, cover and cook until tender, about 7-10 minutes. Uncover pan and add vinegar, sugar, salt, pepper. Increase heat to medium-high while stirring frequently until sauce starts to form a glaze on the turnips.

Mashed Turnips with Bacon and Chives

Adapted from Primallyinspired.com

Ingredients:

8 cups of chopped turnips (about 10-12 medium turnips), peeled and diced

broth or water for boiling

1/2 pound of bacon

2 tablespoons bacon fat

2 tablespoons butter or ghee, melted

1/4 teaspoon garlic powder

1/8 teaspoon onion powder

sea salt and pepper, to taste

2 tablespoons fresh chives, snipped or chopped

Directions:

Put diced turnips in a large pot and fill with water or bone broth.

Bring to a boil and let simmer, uncovered, for at least 30 minutes or until tender (the longer you simmer, the better because the less bitter it will be. Sometimes I let them simmer for over an hour!)

While the turnips are cooking, cook your bacon in skillet over medium heat until crispy. Reserve 2 tablespoons of bacon grease and then crumble your bacon.

Once turnips are done simmering, drain well. Return turnips to pot and add all remaining ingredients, except the bacon and chives.

Mash to desired consistency. Fold in bacon. Top with fresh chopped chives.

Slow Cooker Turnip Soup

Adapted from www.southernliving.com

Time: 15 minutes to prep; 6 hours in slow cooker

Ingredients:

4 cups unsalted chicken stock

1 1/4 pound medium turnips, chopped

1 1/4 pound Yukon Gold potatoes, peeled and chopped

1 medium-size yellow onion, chopped (about 1 1/2 cups)

2 garlic cloves, smashed

4 thyme sprigs

1 teaspoon kosher salt

3/4 teaspoon black pepper

1/4 cup milk

6 thick-cut bacon slices

6 cups chopped turnip greens (about 1 lb.)

Directions:

Combine stock, turnips, potatoes, onion, garlic, thyme sprigs, salt, and pepper in a 6-quart slow cooker. Cover and cook on LOW until vegetables are very soft, about 6 hours. Remove and discard thyme sprigs. Add cream, and process soup using an immersion blender until smooth. (Or transfer to a blender, and remove center piece of blender lid to allow steam to escape. Secure lid on blender, and place a clean towel over opening in lid. Process until smooth.)

Just before serving, cook bacon in a non-stick skillet over medium until crisp, 6 to 8 minutes. Drain bacon on paper towels, reserving drippings in pan. Add turnip greens to skillet; increase heat to medium-high, and cook, stirring occasionally, until wilted and beginning to brown just around edges, about 3 minutes. Crumble bacon. Serve soup topped with crumbled bacon and wilted greens.