



Give Them More
of the
Good Stuff!

Turnip Basics



Shop and Save

- * Choose turnips that are smooth, firm and heavy for their size. Avoid turnips with cuts or soft spots.
- * If the leafy greens are attached, they should look fresh. Avoid greens that are yellow or wilted.
- * For the best flavor and texture, choose baby turnips that are about 1 inch across or young turnips that are 2 to 3 inches across.
- * Fresh turnips are available year round. In Oregon, find local turnips October through March.
- * Canned and frozen turnips and greens are found in some stores.

Eat the roots and the leaves for
vitamins A and C.



Purple top



Baby



Scarlet



Golden

About Turnips

- * Turnips are root vegetables with leafy greens that you can eat. They can be different colors, shapes and sizes.
- * Turnips belong to the mustard family with Brussels sprouts, cabbage, kale and broccoli.
- * The flavor of turnips and their greens is mild with a little sweetness and peppery spice.

Turnip Math

1 pound =
2 to 3 medium turnips =
3 cups diced or mashed
6 to 7 cups raw greens =
1 cup cooked

Quick Fix

- * Slice turnips for a salad or refrigerator pickles.
- * Serve small turnips whole with your favorite dip.
- * Roast, bake or boil and season many ways.
- * Mix with white or sweet potatoes or other root vegetables.
- * Chop and sauté with carrots, celery and onion to season soups, stews and beans.
- * Prepare turnip greens like others such as beet greens or kale.

Store Well Waste Less

- * If greens are attached, cut them off and refrigerate in an airtight container. Use within a few days. Rinse just before using.
- * Refrigerate turnips in a container with airflow. For best flavor, use within 1 week.
- * Scrub turnips with a brush

or hands under running water just before using. Trim off the stem and root ends. Use a vegetable peeler to remove a thin layer of skin, if desired.

* Freeze blanched or cooked turnips in freezer containers for up to one year.



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We're on:



Enjoy Turnips

Savory Turnips

Ingredients:

- 1/4 cup chopped **onion**
- 1 clove **garlic**, minced or 1/4 teaspoon garlic powder
- 1 1/2 teaspoons **margarine** or **butter**
- 3 medium **turnips**, diced
- 1/2 teaspoon **sugar**
- 1 cup low-sodium **broth** (any type)
- 1 1/2 teaspoons **lemon juice**
- 4 1/2 teaspoons chopped fresh **parsley** or 1 1/2 teaspoon dried parsley
- 1/8 teaspoon each **salt** and **pepper**

Directions:

1. In a medium skillet over medium heat, cook onion and garlic in margarine or butter until soft, about 5 minutes.
2. Add turnips and sugar. Stir until turnips are lightly browned.
3. Add broth and bring to a boil. Reduce heat and simmer until the liquid evaporates and the turnips are tender, about 30 to 40 minutes.
4. Remove from heat. Stir in lemon juice, parsley, salt and pepper. Serve hot.
5. Refrigerate leftovers within 2 hours.

Makes 2 1/2 cups

Prep time: 15 minutes

Cook time: 20 to 25 minutes

Go to FoodHero.org for a Turnip Pancake recipe

Mashed Turnips and Potatoes

Ingredients:

- 1/2 pound **turnips**, diced
- 1 pound **potatoes**, cubed
- 1/4 cup light **sour cream** or buttermilk
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1/2 teaspoon **garlic powder**

Directions:

1. Put potatoes and turnips in a saucepan and cover with cold water. Bring water to a boil and simmer until vegetables are soft, about 15 to 20 minutes.
2. Drain vegetables and mash.
3. Stir in sour cream, salt, pepper and garlic powder. Serve hot.
4. Refrigerate leftovers within 2 hours.

Makes 2 1/2 cups

Prep time: 15 minutes

Cook time: 20 to 25 minutes

Maple Glazed Turnips

Ingredients:

- 1 Tablespoon **margarine** or **butter**, melted
- 3 Tablespoons **maple syrup**
- 1/2 teaspoon **cinnamon**
- 2 teaspoons **lemon juice**
- 3 cups diced **turnip**
- 2 cups cubed **sweet potato**

Directions:

1. Preheat oven to 400 degrees F.
2. In a small bowl, mix together margarine or butter, syrup, cinnamon and lemon juice.
3. Mix turnip and sweet potato pieces in a medium casserole dish. Add syrup mixture and stir to coat evenly.
4. Cover and bake for 15 to 20 minutes. Uncover and bake until browned, 20 to 30 minutes. Serve hot.
5. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 15 minutes

Cook time: 35 to 50 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ rinse produce under cool running water. A vegetable brush works well on turnips.
- ✿ use a vegetable peeler to remove a thin layer of skin from vegetables.
- ✿ measure and mix ingredients.