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.

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.
Mashed Turnips and Potatoes

**Ingredients:**
- ½ pound turnips, diced
- 1 pound potatoes, cubed
- ¼ cup light sour cream or buttermilk
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ 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 ½ 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
- ½ 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

Savory Turnips

**Ingredients:**
- ¼ cup chopped onion
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 1½ teaspoons margarine or butter
- 3 medium turnips, diced
- ½ teaspoon sugar
- 1 cup low-sodium broth (any type)
- 1½ teaspoons lemon juice
- 4½ teaspoons chopped fresh parsley or 1½ teaspoon dried parsley
- ⅛ 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.

**Makes** 2 ½ cups

**Prep time:** 15 minutes
**Cook time:** 20 to 25 minutes

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**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.