



Turnip

Planting/Harvest

Information

For summer use, turnips should be planted as early in the spring as possible. Plant seeds 1/2" deep, with 8" inches between rows. Thin seedlings to 2-4" apart when they are four inches tall.

Greens: Harvest when large enough to pick. Always pick the outside leaves and leave those at the center. Leave some tops to keep roots alive.

Roots: Use spading fork to loosen soil at base of leaves. For more tender roots (that don't need to be peeled), pull them when they're 1"-3" diameter. You can still eat the greens from the harvested roots.

Nutritional Benefits

Turnip Roots

Source	Rating
Vitamins	GOOD
Minerals	MODERATE
Fiber	MODERATE

Turnip Greens

Source	Rating
Vitamins	EXCELLENT
Minerals	EXCELLENT
Fiber	GOOD

Introduction

Turnips were the original "Jack-O-Lanterns." Historically, in Ireland and Scotland, turnips were carved with frightening faces and then used as lanterns to scare away evil spirits before it became popular to carve pumpkins. Turnips grow wild in Siberia and have been eaten since pre-historic times.

Preparation and Storage

Preparation to Eat:

- Greens should be washed before cooking and eating.
- Roots should be washed before eating. If the skin is tough it can be peeled but this is not needed on young turnips.

Fresh Storage:

- Leaves store best if left unwashed in an unsealed plastic bag in the crisper drawer of the refrigerator.
- If harvesting roots remove leaves immediately and do not wash the root until preparing to eat.
- The crisper drawer of the the refrigerator is a great place to store turnip roots.
- For larger quantities of roots can be stored in a cool dark place like an unheated basement but the warmer it is the shorter the storage time.

Canning:

- Root vegetables must be canned using a pressure canner and correct processing times. Pennsylvania State University Extension is a good resource for instruction on canning: <https://extension.psu.edu/lets-preserve-root-vegetables-beets-carrots-turnips-and-rutabagas>

Vegetable state	Use by
Raw	Several months
Dried	Up to 10 years
Home-Canned	1 year



Turnip

Preparation

Recipe 1: Roasted Turnips with Balsamic Vinegar

Serves 2-3

Ingredients

- 2 large turnips, with stem and root cut off
- 1 tbs. olive oil
- 1 tbs. balsamic vinegar
- 1/2 tsp. dried thyme
- salt and pepper to taste
- optional topping: balsamic vinegar and chopped parsley

Directions

- Preheat oven to 450 F. Spray baking sheet with non-stick spray or olive oil.
- Peel turnips with vegetable peeler, then cut into bite-sized pieces.
- Whisk together olive oil, balsamic vinegar, thyme, salt, and pepper. Toss turnips and mixture in a bowl until well-coated.
- Spread turnips in a single layer on a baking sheet, with flat side down. Roast turnips 25 minutes; then turn each turnip over so different side is touching the pan. Roast about 10 more minutes or until lightly browned.
- Remove and drizzle with balsamic vinegar if desired. Enjoy!

Recipe 2: Sautéed Turnip Greens and Garlic Scapes

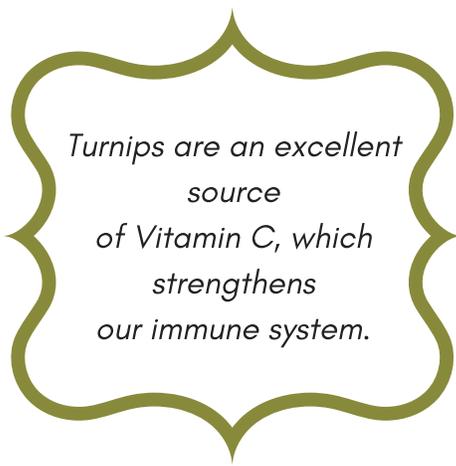
Serves 4, Preparation 20 minutes

Ingredients

- 1 lb turnip greens, washed and cut chiffonade style (thin strips)
- 2 tbs olive oil
- 2 garlic scapes, finely chopped
- Salt and pepper, to taste

Directions

- In large skillet over medium heat, add olive oil. When oil is hot, add garlic scapes. Sauté until tender.
- Add turnip greens, toss frequently, and sauté for 2-3 minutes, or until wilted, but still quite tender (not mushy).
- Season with salt and pepper.



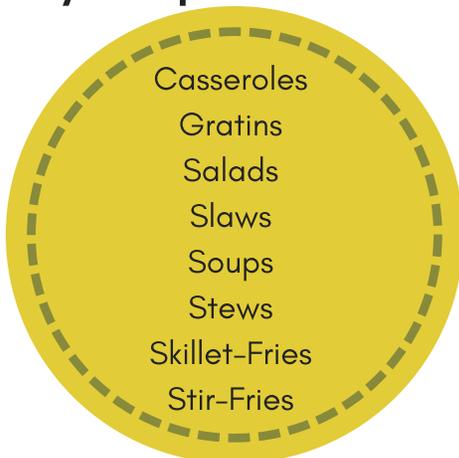
Turnips are an excellent source of Vitamin C, which strengthens our immune system.

Prepare Turnips

Like This:

Baked	Pureed
Boiled	Raw
Braised	Roasted
Grilled	Sautéed
Mashed	Slow-Cooked
Pickled	Steamed

Try Turnips In:



Casseroles
Gratins
Salads
Slaws
Soups
Stews
Skillet-Fries
Stir-Fries