



# Turnips

## The Health Benefits of Turnips

Turnips look like root vegetables like carrots and potatoes but are actually in the cabbage family (cruciferous). They are commonly white near the bottom and grade to purple on the top that is exposed to sunlight. Both the root and the greens can be eaten.

### **One medium-sized turnip root provides:**

- 34 Calories, 1 gm protein, 4 gm fiber, 0 fat, no cholesterol

### **Potential benefits of consuming turnips regularly**

- One small turnip contains more than half the daily RDA for vit C
- Also high in vitamins K, A, E & several B vitamins; High in minerals manganese, potassium, magnesium, iron, calcium and copper
- Contains sulforaphane, a compound in cruciferous vegetables that reduces risk for developing cancer
- High fiber reduces risk for diverticulosis, constipation and colon cancer
- Turnip greens are high in calcium: 1 cup provides 229 mg

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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# Give Your Family More of the Good Stuff!

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## Shop and Save

- ✿ Choose turnips that are smooth skinned without cuts or soft spots. They should be firm and heavy for their size.
- ✿ Turnips are sweetest and have the best texture when they are small to medium sized (2 to 3 inches across). As turnips age the flavor gets spicier or bitter and the texture becomes tough and woody.
- ✿ If greens are still attached, they should be deep green and crisp – not yellowed or wilted.
- ✿ Fresh turnips are available year round but peak season is October through March.
- ✿ Turnips are sometimes available frozen.

## Turnip Basics

*Eat the roots and the leaves to get more nutrients like vitamins A and C*



## Types of Turnips

There are over 30 varieties of turnips which differ in size, color, flavor and usage.



**Purple-top turnips** are the most common type. They are white skinned with a rosy purple top. The crisp white inner flesh has a mild, slightly sweet flavor. Flavor of the root and greens becomes more mild when cooked.



**Scarlet turnips** are a vibrant red color and look like very large red radishes. They have sweet, crisp, white flesh with occasional splashes of red. They might be found at farmers markets.

**Baby turnips** are specialty varieties.

They can be white, gold, pink or purple-topped; usually about 1 inch in diameter. Best when freshly harvested as they do not keep well. Most can be eaten whole, including their leaves.



## Store Well Waste Less

- Remove turnip greens from the root and store separately in an open or perforated plastic bag in the refrigerator. Use within a few days.
- Refrigerate turnip roots unwashed in a loosely closed plastic bag. Use within 1 week for best flavor.



- Scrub turnip roots with a brush or hands under running water just before using. Trim off the long thin tap root. Use a vegetable peeler to remove only a thin layer of skin.
- Blanched or cooked turnips can be frozen. For best quality, use within 8 to 10 months.

## Turnip Math

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



# Cooking with Turnips

## Mashed Turnips and Potatoes

### Ingredients:

- ½ pound **turnips**, peeled and diced
- 1 pound **potatoes**, peeled and cubed
- ¼ cup **light sour cream** or **buttermilk**
- ½ teaspoon **salt**
- ¼ teaspoon **pepper**
- ½ teaspoon **garlic powder**

### Directions:

1. Boil turnips and potatoes in enough water to cover until tender, 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** 2½ cups

**Prep time:** 15 minutes

**Cook time:** 20 to 25 minutes

## Maple Glazed Turnips

### Ingredients:

- 1 Tablespoon **margarine** or **butter**
- 3 Tablespoons **maple syrup**
- ½ teaspoon **cinnamon**
- 2 teaspoons **lemon juice**
- 3 cups **turnips**, peeled and diced
- 2 cups **sweet potatoes**, cubed

### Directions:

1. Melt margarine and add syrup, cinnamon and lemon juice.
2. Mix turnips and sweet potatoes in a medium casserole dish. Add syrup mixture and stir to coat evenly.
3. Cover and bake at 400 degrees F for 15 to 20 minutes. Uncover and bake until browned (20 to 30 minutes). Serve hot.
4. Refrigerate leftovers within 2 hours.

**Makes** about 4 cups

**Prep time:** 15 minutes

**Cook time:** 35 to 50 minutes

## Savory Turnips

### Ingredients:

- ¼ cup **onion**, chopped
- 1 clove **garlic** or ¼ teaspoon **garlic powder**
- 1½ teaspoons **margarine** or **butter**
- 3 medium **turnips**, peeled and diced
- ½ teaspoon **sugar**
- 1 cup **broth** (try chicken or vegetable)
- 1½ teaspoons **lemon juice**
- 4½ teaspoons chopped fresh **parsley** or 1½ teaspoons **dried parsley**
- ⅛ teaspoon **salt** and **pepper**

### Directions:

1. In a medium skillet over medium heat, sauté onion and garlic in margarine until soft (about 5 minutes).
2. Add turnips and sugar. Sauté, stirring occasionally, until 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 the lemon juice, parsley, salt and pepper. Serve hot.
5. Refrigerate leftovers within 2 hours.

**Makes** 3 cups

**Prep time:** 15 to 20 minutes

**Cook time:** 35 minutes

See  
**FoodHero.org**  
for Chinese  
Turnip Pancake  
recipe



**Kids  
Can!**

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

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