

# Turnips

Turnips have been cultivated for nearly 4,000 years; Pliny the Elder from ancient Rome called the turnip one of the most important vegetables of his time. Turnips are a member of the cruciferous family of vegetables, along with broccoli, cauliflower, Brussels sprouts, cabbage and collard greens. Like other cruciferous veggies, they contain at least a dozen cancer-fighting compounds such as glucosinolates that keep cancer cells from spreading and tumors from growing, sulforaphane which helps the liver detoxify carcinogens and many other antioxidants. The turnip itself has high amounts of fiber, vitamin C, vitamin B6, folate, calcium, iron, potassium and copper. Get your juicer out because turnip juice has twice the amount of vitamin C as orange juice! The greens of the turnip plant are especially nutritious as well. The vitamins in the greens include A, C, E and K and also large amounts of lutein, an antioxidant, which has been shown to help prevent cataracts and cardiovascular disease.

I know some people cringe at the word. But yum, these little lovelies really are great! The variety we grow “Hakuri” has amazed us over the years with its mild flavor and versatility. They really don’t taste like your average, tough turnip. Much more like a mild radish. My kids eat them raw like apples. We have one loyal market customer who tells her husband they are radishes, because he won’t eat turnips, and he loves them! Slice them thin and sauté in a skillet with butter. Eat them just like that, or put them in your burrito fixings. Grate them raw on salad. Slice them into thin sticks and dip them!

You can use turnip roots anytime you would use a potato, and then some. Try them mashed, baked, boiled, in stews, soups and stir-fries, or lightly steamed with some butter, salt or lemon juice for flavor. I find them delicious sautéed with all my other Cosmic veggies. The greens are wonderful sautéed or steamed as a side dish with garlic (or our garlic curls), onion, olive oil and lemon, or as an addition to soups, stews and pasta. Slice and sauté for burritos, stir fries or with pasta. Roasting mellows the flavor. Coat with olive oil and bake until soft all the way thru. Ours are so tender; you never have to peel them...even if the recipe says so! Sweet, crisp, mild mustard taste. Turnips can be braised in stews or simmered in soups, slivered into salads, sliced, buttered & salted or nibbled raw as a snack. Substitute for carrots. You can sauté up the greens too!

I store my turnips, carrots and beets in the fridge after I remove the tops and they keep for many months. They are delicious cooked or raw.

## Recipes:

### **Snap Pea & Turnip Salad**

2TBS + 1tsp Sea Sal, divided

4 Turnips, peeled & sliced

4c Sugar Snap Peas, ends trimmed

¼ Shallot, chopped

2TBS Lemon Juice

2TBS Rice Vinegar

½ c Olive Oil

2TBS Mint, chopped

Salt n’ Pepper.

Create an ice bath and set aside. Bring a large saucepan of water to a boil. Add 2TBS sea salt & turnips & simmer for 1 min. Add snap peas & cook until both are crisp & tender, about 1 min. Drain, transfer to ice bath for 2 min. Drain & dry. In a large bowl add shallot, lemon, juice, & vinegar. Whisk, slowly add olive oil until thick & creamy. Add turnips, snap peas, mint & remaining sea salt with pepper. Stir well, & serve.

### **Salmon with Turnips & Swiss Chard**

4, 6oz Skinless Salmon fillet

4TBS Olive Oil, divided  
1tsp finely grated Lemon zest  
Salt n' Pepper  
2 Garlic Curls or cloves, chopped  
Turnips, quartered  
2 bunches Swiss chard, chopped  
¼ c Cilantro, chopped  
¼ Parsley, chopped  
1TBS Lime juice  
1tsp sesame oil.

Preheat oven 250. Place salmon in large baking dish; drizzle with 2TBS olive oil, sprinkle with lemon zest, & rub into flesh. Season with salt n' pepper & scatter garlic. Bake until med/rare, about 30-35 min. Combine turnips, 1TBS olive oil & 1c water in a large skillet; season with salt n' pepper. Bring to a simmer, cover & cook until tender, 15-20 min. Uncover & cook, stirring until no liquid & golden, 5 min. Heat 1TBS olive oil in a skillet over med/high heat. Cook shallot & chard ribs & stems, stirring often, about 3 min. add leaves cook about 2 min. Add cilantro, parsley & lime juice. Drizzle salmon with sesame oil. Serve salmon with Swiss chard & turnips, top with sesame seeds.

### **Kale Turnip & Turkey Sausage Soup**

5 links uncooked turkey sausage  
½ bunch Kale leaves chopped  
2c Turnips chopped  
1c Green Onion chopped  
1c Carrots chopped  
Basil chopped  
1tsp Thyme  
2c Broth  
1c Water

In a large pot, heat to med/high heat. Removed sausage from casing, put into pot. Break it up with a spoon. Once sausage is ½ cooked, add onion, turnips, carrots, basil, & thyme, cook until the vegetables begin to soften. 5-7 min. Add broth & water. Cover & simmer until vegetables are completely soft, 10 more min. When 5 min are left in cooking add the chopped kale.

### **Turnip, Radish, & Fennel Sauté serves 4**

1 bunch baby turnips  
1 bunch radishes  
1 fennel bulb  
1TBS coconut oil  
½ lemon juiced  
½ tsp sea salt  
½ tsp lemon zest  
1 tsp fennel fronds minced

Use a mandolin slicer or sharp knife to slice the turnips, radishes, & fennel bulb. Heat the solid coconut oil in the bottom of a skillet on medium heat. When the oil has melted & the pan is hot, add the vegetables & cook, stirring for 5-7 minutes or until soft. Add the lemon juice & sea salt & toss to combine. Garnish with lemon zest & fennel fronds & serve warm.

### **Young Turnip Salad with apples and lemon dressing**

1 cup grated raw young turnips

1 cup grated tart apples

1/2 cup finely chopped parsley

3 Tbls lemon juice

1 Tbls olive oil

Salt and pepper

Toss all ingredients in a large bowl and season with salt and pepper to taste. Cover and refrigerate for 1 hour. \*Farmer John's Cookbook

### **Radish or Turnip Greens (or broccoli rabe or any green) with Miso Sauce**

1 bunch radish or turnip greens

1 Tbls miso paste

1 Tbls peanut or coconut oil

Sugar

1 tsp toasted sesame oil

2 cups hot cooked rice

Bring 2 cups of water to boil in a medium pot. Add the greens and boil for 1 minute. Drain the greens in a colander and run cool water over them to stop the cooking. Let drain again, and then gently squeeze out any excess water with your hands. Transfer the greens to a cutting bowl. Finely chop and set aside. Put the miso paste in a small bowl. Stir in 2 Tbls water; then add a little more water so that the miso is thinned just enough to stir in to other ingredients. Heat the oil in a large skillet over medium heat. Add the chopped greens; cook, stirring, until the greens are tender and heated through. Add the thinned miso paste. Add sugar to taste; stir the ingredients until thoroughly combined. Remove from heat; stir in the toasted sesame oil. Serve over rice. \*Farmer John's Cookbook

### **Pickled Turnips (Sauerruben) makes 1 pint**

1 pound turnips

1 tsp caraway seeds

1 tsp finely ground sea salt

Remove the leaves from and clean the turnips then shred them coarsely. Toss all the ingredients in a large mixing bowl. Let the mixture rest for 5 minutes then knead by hand until the turnips are juicy and limp. Put the mixture in a glass pint sized mason jar and make sure the brine covers the top of the turnips. Leave 1/2 an inch of head space at the top of the jar. Ferment at room temperature for at least 6 weeks before tasting. Ferment longer if you want more sourness. When done to your liking, transfer the sauerruben to the fridge or root cellar where it will keep for 9 months. \*Nourished Kitchen

### **Lacto Fermented Turnips**

12 medium turnips, scrubbed well and sliced 1/8 inch thick

2 tsp red pepper flakes

6 cups water

3-1/2 Tbls sea salt

Make brine by combining the water and sea salt. Set aside. Put 1 teaspoon of red pepper flakes in each of two quart jars. Add the sliced turnips, packing until no higher than 1 inch from the top. Pour the brine over the turnips and red pepper flakes, pushing the turnips down to release any air bubbles. Make sure brine leaves at least 1 inch of head space in jar. Weigh the turnips down so that they stay below the brine. Place a lid on the jar and secure tightly. Allow to ferment at a

cool room temperature (65° to 80°F) for 3 to 10 days, burping the jar to release gases for the first few days. Move to cold storage. [www.culturesforhealth.com](http://www.culturesforhealth.com)

### **Roasted Hakuri Turnips with Israeli Couscous Salad**

1 bunch turnips w/greens

1 cup Israeli couscous

2 garlic curls, chopped

Pinch of red chili flakes

1/4 cup red onion or scallion, chopped

Juice from half a lemon

5 T extra virgin olive oil

Salt & pepper to taste

Preheat oven to 425. Cook couscous, drain and set aside. Trim turnips from greens and halve each turnip. Finely chop the greens. Toss the turnips with olive oil, a pinch of S&P, and chili flakes. Roast for 5-10 min face-down. Toss and roast another 3-5 min. & let cool. Sauté garlic, greens, and a pinch of S&P until greens are just wilted. Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and S&P to taste.

### **Quick Pickled Turnips**

3-4 small turnips, thinly sliced

1/2 cup quartered and thinly sliced red onion

3 garlic curls, chopped

1 cup white-wine vinegar

1 cup hot water

1 T sugar

10 whole black peppercorns

1 t salt

1/4-1/2 t crushed red pepper

Layer turnips, onion and garlic in a quart jar with a lid. Whisk vinegar, hot water, sugar, peppercorns, salt and crushed red pepper in a bowl until the sugar is mostly dissolved. Pour the mixture over the vegetables. Put the lid on and gently shake a few times to distribute the flavorings. Refrigerate for at least 30 minutes for the flavors to develop.

### **Turnip and Broccoli Raab Frittata**

8 ounces broccoli raab trimmed

2 teaspoons minced garlic curl or garlic clove

1/2 teaspoon salt, divided

2 tablespoons olive oil, divided

3 1/2 cups shredded turnips 1/2 cup chopped onion

8 large eggs

2 large egg whites

1/4 cup milk

1/2 cup shredded Cheddar cheese

Preheat oven to 425°F. Bring a large pot of water to a boil. Add broccoli raab and cook until very tender, about 5 minutes for broccoli raab. Drain well. Transfer to a large bowl and toss with garlic and 1/4 teaspoon salt. Set aside. Heat 1 tablespoon oil in a large ovenproof nonstick skillet over medium heat. Add the turnips, onion and the remaining 1/4 teaspoon salt. Spread and pat the mixture into an even layer; cook, without stirring, for 2 minutes. Then stir the mixture

and scrape up any browned bits. Pat the mixture back into an even layer and continue cooking, without stirring, for 2 minutes. Stir again, spread back into an even layer and cook until mostly golden brown, 2 to 4 minutes more. Transfer to a plate. Wash and dry the pan. Whisk eggs, egg whites and milk in a medium bowl. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with cheese, then the broccoli raab. Transfer the pan to the oven. Bake the frittata until set, about 15 minutes. Remove from the oven and let stand 5 minutes. To release the frittata from the pan, run a flexible rubber spatula along the edges then underneath, until you can slide it out onto a cutting board or serving plate. Cut into wedges and serve.

### **Amish Turnip**

1 c. cooked, mashed turnip

1 c. Breadcrumbs

1 T. sugar Salt to taste

1 egg, beaten

1 c. milk

1 T. Butter

Mix all the ingredients with half of the bread crumbs. Place in a greased casserole. Cover with the rest of the bread crumbs and bake 45 minutes at 350 degrees. Turnip shy people like this dish!

### **Lemon Butter Basil Turnips....need I say more?**

1 bunch turnip greens chopped

1 bunch turnips

2 Tbsp. Cosmic butter

2 Tbsp. basil chopped

Salt

Lemon Pepper

Melt butter in a sauté pan. Add turnips and sauté until brown. In a separate dish cook greens until tender. When turnips are almost done, add turnip greens and sauté together. Season with salt and lemon pepper. Finally add chopped basil and sauté for 1 minute more. Serve warm.

### **Sautéed Turnips with Spinach and Raisins**

3 medium turnips

1 bunch of spinach

½ c. raisins

1 garlic curl, minced

3 T. lime juice

2 T. olive oil

1 pinch ground nutmeg

In a skillet (with a lid), heat the olive oil and garlic over medium heat. While that heats chop turnips into thin strips, like tiny French fries. When oil is heated, add the turnips and raisins and sauté for about 3 minutes. Pour in the lime juice and cover; let it cook for 5-10 more minutes, allowing turnips to soften. Meanwhile, wash and chop or tear up the spinach. After 5-10 minutes are up and turnips are tender, stir in the spinach and cook it until it just begins to wilt. Remove from heat and sprinkle with nutmeg.

### **Turnip and Chard Soup**

4 Hakuri Turnips - the root part only, sliced

6 Shallots, diced  
2 T. Olive Oil  
4 garlic curls (or cloves)  
1/4 or so Cream  
1-2 t. fresh thyme, minced  
Salt and Pepper  
4 c. chicken or vegetable broth  
1/2-1 c. of Swiss chard, chopped

Preheat oven to 400 degrees. Combine turnips, shallots, garlic, thyme, olive oil, salt and pepper place in roasting pan and roast for 25-30 minutes until tender and golden. Transfer into saucepan, add broth. Bring to a gentle boil, lower heat to a simmer and puree until smooth. Add in half and half and finish off with the chopped Swiss chard. Simmer for another 5 minutes and serve.

### **Glazed Turnips with Thyme**

2 lbs. Turnips  
2 c. water  
¼ t. salt  
2 T. Cosmic butter  
1 T. brown sugar  
1 ½ t. fresh thyme

Place the water and the salt in a saucepan and bring to a boil. Add the turnips and return to a boil. Once boiling, reduce the heat to med-low, cover and simmer for 10 min. Drain the turnips and set aside. Put butter into a large sauté pan over med. heat. Once melted, add the sugar and thyme, stirring continuously until all the sugar has dissolved. Add turnips to the pan; bring the mixture to a boil and reduce the heat and cook over med-low for 10 minutes.

### **Classic Mashed Turnips**

7 large turnips  
1 c. milk  
2 T. Cosmic Butter  
Salt and pepper to taste

Wash and quarter turnips. Boil 35-45 min. until tender. Place in large mixing bowl and use fork to break up turnips into smaller bits. Add milk and butter. Blend to desired consistency. Add salt and pepper to taste. Add a sprinkle of thyme for seasoning!

### **Mint Glazed Turnips**

4 small turnips  
2 tablespoons butter  
2 tablespoons honey  
2 tablespoons finely minced fresh mint

Cut turnips in quarters. Put in a heavy-bottomed pot with water to cover, and boil gently until tender; about 15 min. Drain, and return to pot with the butter, honey and mint. Cook, stirring frequently, until the honey and butter are absorbed, and they begin to brown a little.

**Tangy Turnips** Makes 4 to 6 servings. Adding some zip to this hearty fall vegetable makes a plain, traditional dish into a fresh and fancy favorite.

2 lbs. turnips

1/4 tsp sea salt  
1/2 cup orange juice  
2 Tbsp. honey  
1/2 tsp freshly grated ginger  
1/4 tsp orange zest  
1 Tbsp. butter

Remove turnip greens and set aside. Remove the crown of the turnip with a sharp knife. Cut into 1-inch (2.5-cm) cubes. Cook in a steamer with an inch of water in the pot until tender (approximately 40 minutes). Drain turnips and mash with a potato masher or fork. Using a wire whisk beat in all remaining ingredients until well mixed. Put turnip mixture into a glass baking dish and bake at 350 F for 6 to 8 minutes. For special occasions, drizzle with honey and decorate with freshly cut orange sections before serving.

### **Crunchy Turnip Crumble Dish**

1 large or 2 medium turnips  
2 tablespoons butter  
1 tablespoon brown sugar  
2 medium eggs  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon white pepper  
Pinch of freshly grated nutmeg

For the topping, mix together:

8 tablespoons of breadcrumbs  
2 tablespoons melted butter

Cook and mash cubed turnip with 2 tablespoons of butter. Add mixed dry ingredients to mashed turnip, along with 2 eggs, well beaten. Put turnip mixture into casserole dish. Sprinkle with topping and bake for 25 minutes in a medium oven or until light brown on top.

### **Roasted Vegetables**

2-4 turnips, washed, trimmed and quartered  
2 large carrots, chopped  
1 large sweet potato, peeled and cubed to about 2"  
1 large red or purple potato, washed and cubed up  
1 cup cubed assorted vegetables, such as: celeriac, parsley root, beets, parsnips, butternut squash, or onion  
2 tablespoons fresh thyme  
Salt and pepper to taste  
1 Tbls. butter  
1 Tbls. olive oil

Toss all ingredients together and roast on a baking sheet at 375\* for 45 minutes. Serve.

**Easy Glazed Turnips** This is a lovely, summer side.

3 cups washed and trimmed turnips, quartered (you can add carrots, too)  
1 cup water or vegetable stock  
3 tablespoons honey or raw sugar  
2 tablespoons butter  
Sea salt to taste

Gently poach the turnips in a saucepan of simmering water until fork-tender, 3 to 5 minutes. Drain and add back to the saucepan with the butter, stock or 1 cup water, honey or sugar and salt. Cover and turn down to low. Simmer for 10-11 minutes, or until liquid is thickened slightly. Stir and drizzle with some lemon juice, to serve.

### **Turnip, Potato and Artichoke Gratin (Shareholder Favorite)** Sent to us by August Christensen!

In mid-summer when the first potatoes appear and fresh artichokes are at their best, I like to prepare this simple potato and artichoke gratin. If you're not using whole artichokes, simply substitute artichoke hearts and omit step #2.

6 large artichokes, (or 8 ounces fresh or frozen artichoke hearts)

2 tablespoons butter or ghee

3 medium leeks, (white and light-green parts only, sliced thin)

1 pound potatoes, (sliced  $\frac{1}{8}$  inch thick)

1 pound turnips, (sliced  $\frac{1}{8}$  inch thick)

2 tablespoons chopped fresh thyme

1 cup heavy cream

$\frac{1}{2}$  cup chicken stock

1 teaspoon unrefined sea salt

$\frac{1}{2}$  teaspoon ground black pepper

$\frac{1}{2}$  cup grated parmesan cheese

Preheat oven to 400 F, and set a large pot of water to boil. When the pot of water comes to a boil, drop in artichokes and boil until tender. Remove from the water and allow to cool until comfortable enough to handle. Trim away tough leaves to expose the heart. Remove the choke with a spoon and finely chop the artichoke heart, stem and any tender leaves. Melt butter in a skillet over medium heat. When it froths, stir in leeks and chopped artichokes, sautéing until fragrant and tender - about five minutes. Layer the bottom of a gratin dish with a  $\frac{1}{3}$  of the potatoes and turnips, top with  $\frac{1}{2}$  of the leeks and artichokes, sprinkle with  $\frac{1}{3}$  of the thyme and continue layering, ending with a layer of potatoes and turnips. Whisk cream, chicken stock, salt and pepper together in a small mixing bowl and pour over the layers of vegetables. Top with grated cheese and a final sprinkling of thyme. Bake for 1 hour or until potatoes are tender and the gratin is nicely browned. Allow to cool 5 to 10 minutes before serving. From Nourished Kitchen

### **Quick Pickled Turnips**

2 lbs baby turnips

1 cup white vinegar

1 cup red wine vinegar

1 cup sugar

2 Tbsp kosher salt

1 Tbsp yellow mustard seed

3 shallots, sliced thinly

4 sprigs fresh thyme

3 cloves garlic, each cut in half

1 tsp crushed red pepper flakes

Clean turnips very well in cold water. Trim the tops, leaving about  $\frac{1}{2}$  cm of green remaining. On a mandolin, or with a very sharp knife, slice the turnips lengthwise. In a large heat-proof bowl, combine sliced turnips, shallots, garlic and thyme. In a medium sauce pan, combine the vinegars, sugar and spices. Bring mixture to a boil and then pour directly over the turnips. Let sit to cool about 1 hour, then transfer to the refrigerator. Let the pickles soak overnight before enjoying on sandwiches, burger, with grilled fish or as a snack!

### **Turnip & Ground Beef Scramble**

2 T olive oil or butter  
1 lb small turnips, grated  
1 lb ground Cosmic beef  
4 eggs, whisked  
4 green onions or onion, chopped  
Salt & pepper

Heat the oil/butter in a skillet over medium-high heat. When the skillet is hot, spread the turnips out in an even layer. Cook the turnips for 5 minutes, stirring only once or twice, until lightly browned. Add the ground meat, salt and pepper to the meat and break it up as it cooks. Pour in the eggs. Stir until cooked. Add the green onions or onion and serve.

### **Beer Baked Turnips (Shareholder Favorite)**

1 bunch of turnips, sliced 1/2-inch thick  
2 T. butter, cut into small pieces  
1 bottle dark beer, or amount to cover  
1 pinch dried savory  
salt to taste

Preheat an oven to 350 degrees. Place the turnips in a pot with enough cold, salted water to cover. Bring the water to a boil and cook until the turnips are soft, about 7 minutes; drain. Transfer the turnips to a shallow baking dish. Dot the top of the turnips with pieces of butter. Pour enough of the beer into the dish to cover the turnips. Season with savory and salt. Bake in the preheated oven until the beer is mostly cooked off and the turnips are tender, about 1 hour.

### **Sweet Caramelized Turnips**

3 C. diced turnips  
¼ C. chicken stock  
1 T. butter (or more if needed)  
2 T. sugar

Place turnips and stock in a skillet and simmer until stock has been absorbed, about 15 minutes. Stir in butter and let melt. Add sugar. Gently cook until butter and sugar coat turnips in a brown sticky sauce, about 10 minutes.

**Summer Ale Crock-Pot Stew** Sometimes an easy dinner solution is great in the summer – you're out late, get home & dinner's cooked. Add a salad, some bread, and a nice bottle of wine, and you're done! Enjoy.

One 3-5 Lb. Beef Roast  
2 potatoes, quartered  
1 bunch turnips, halved  
1 bunch turnip greens, chopped  
1 yellow onion, chopped  
3-4 garlic curls, minced  
Salt and black pepper to taste  
2-3 Tbls. chopped fresh herbs of your choice  
1 bottle summer ale, any variety, or 3 cups beef stock, plus 4 cups water, or enough to cover.  
Cook in the Crock-Pot on low for 7-9 hours,