

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

TURNIPS



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Mashed Turnips

Ingredients

7 large turnips, peeled and quartered
1 cup milk
2 tablespoons butter
Salt and pepper to taste

Directions

Bring a large pot of water to boil and cook turnips until tender, 35 to 45 minutes. Strain



and rinse. Mash turnips with a fork in a large mixing bowl. Add milk and butter. Blend to desired consistency and season with salt and pepper.

*Nutrition Info per serving (serves 9):
Calories 76; Fat 2 g; Sodium 125 mg;
Carbs 10g; Protein 2g*

Roasted Turnips and Carrots

Ingredients

4 medium turnips, peeled and chopped
4 carrots, peeled and chopped
2 tablespoons olive oil
2 teaspoons Italian seasoning
Salt and pepper

Directions

Preheat the oven to 400 degrees. Toss the turnips and carrots with olive oil, Italian seasoning, salt, and pepper. Spread out



on a baking sheet, leaving some space between the vegetables. If they are too close together, they will steam instead of roast. Roast the vegetables for 25-30 minutes until tender and beginning to brown. Shake the pan a couple of times during baking.

Nutrition Info per serving (1 cup): Calories 139; Total Fat 7g; Saturated Fat 1g; Sodium 165 mg; Carbs 18g; Protein 2g

Raw Turnip Salad

Ingredients

3 medium turnips, peeled and grated
3 medium carrots, peeled and grated
1/2 cup chopped parsley
1 cup raw pumpkin seeds
Juice of 1/2 lemon
2 tablespoons olive oil
Salt to taste

Directions

Place the turnips, carrots, parsley and pumpkin seeds into a salad bowl. Add the



lemon juice and olive oil. Season with salt and toss to combine. Chill and serve.

Variations: Add shredded apple; sprinkle with sesame seeds; serve the salad with chicken and fish dishes.

*Nutrition info per serving (serves 5):
Calories 278; Total Fat 21.5g;
Saturated Fat 3.5g; Sodium 104 mg;
Carbs 15.8g; Protein 10.4g*

Recipes courtesy of Harford County Master Gardeners. Images from allrecipes.com and MGs.



Who said this?

I love root vegetables: carrots, parsnips, and turnips.
-Julia Child, American chef and author

The turnip is a capricious vegetable, which seems reluctant to show itself at its best. -Waverly Root, American writer

I was the fattest baby in Clark County, Arkansas. They put me in the newspaper. It was like I was a prize turnip.
-Billy Bob Thornton, American actor

Long ago I yearned to be a hero without knowing, in truth, what a hero was. Now, perhaps, I understand it a little better. A grower of turnips or a shaper of clay, a common farmer or a king—every man is a hero if he strives more for others than for himself alone. -Lloyd Alexander, American author



Believe It or Not!

1. There are over 30 varieties of turnips.
2. Turnips aren't related to potatoes; they are related to radishes, mustard, and collard greens.
3. Most turnips have a slightly spicy taste if eaten raw. Most people prefer them boiled, Mashed and served with butter. They are also delicious roasted.
4. Turnips are sometimes grown to feed livestock.
5. In 1921 a Canadian farmer broke a Guinness World Record when he grew a 63.9 pound turnip in his garden.
6. In Roman times, the turnip was the weapon of choice to hurl at unpopular public figures.
7. Before people carved jack-o-lanterns on Halloween, they carved turnips to frighten evil spirits during the Celtic holiday Samhain.



example of wartime turnip cuisine was Woolton Pie, a dish named for Lord Woolton, head of the Ministry of Food. Turnips have a mild, peppery flavor and can be baked, roasted, boiled, and mashed to be used as a potato substitute. Young turnip roots are eaten raw in salads, and the young leaves may be cooked and served in soups or casseroles. Some people believe the turnip to have a bitter taste. The bitterness can be neutralized with a little salt, butter, or sugar. Other names for a turnip may include rutabaga, neep, snagger, or swede.

Health Benefits

"Turnips have an excellent nutritional profile." They have been cultivated for centuries and used to grow wild in Europe and Asia. Both the roots and leaves are great sources of vitamin C.

They both are low in calories and provide fiber. They may have anticancer properties and may help control blood sugar levels, They also may provide anti-inflammatory effects and protect against harmful bacteria. Researchers are still conducting tests in these areas. So how can the cook in the house make sure turnips become part of the household diet? Add boiled turnips to mashed potatoes, thinly slice and bake them to prepare turnip chips, roast turnips with other root vegetables such as potatoes and carrots, and add grated turnips to coleslaw for a flavorful version.

Turnips have a relatively long shelf life. When stored in a cool and dry place, they can last for several months. This makes them a convenient option for long-term storage and winter months.

Source: [healthline.com](https://www.healthline.com)

What are... turnips?

Turnips are small to medium sized edible root vegetables. They are used as a source of nutrients for both animals and humans. They range in color from white with purple tops to red, orange and solid white. They are an ancient crop and are often grown in home gardens and have been a reliable crop during food shortages. Faced with shortages during WWII, British citizens also turned to turnips. The best



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