

TURNIPS



STORAGE

Remove green tops and keep the turnips in a plastic bag in the refrigerator for up to 1 week. You can also store and eat the green tops.

HELPS SUPPORT

Immune system, digestion.

HOW TO USE

Dip raw turnips in light salad dressing; make baked turnip chips or turnip fries; lightly coat them in oil and roast them with a pinch of salt and other spices.

COLORS

Purple, white.

GLAZED TURNIPS

Serves: 6

Preparation Time: 25 minutes

INGREDIENTS

- 3 cups of turnips, cut into chunks
- 2 tablespoons butter
- ¼ cup brown sugar
- 1 tablespoon water
- Optional: 1 teaspoon cinnamon

INSTRUCTIONS

1. Wash turnips and cut them into chunks.
2. Bring a pot of water to a boil and add the turnips. Boil them for about 10 minutes.
3. In a heavy frying pan over low heat, mix the butter, sugar, water, and cinnamon (if using).
4. Drain turnips and add them to the pan with the butter-sugar mixture.
5. Stir the turnips until the butter-sugar mixture is thick and the turnips are well coated, about 5 minutes.



Photo: Cory Cleland, Eat and Relish

Adapted from Second Harvest Food Bank of Santa Clara and San Mateo Counties