



Santa Cruz River

**FARMERS'  
MARKET**

*where everyone's welcome!*

## *Turnips & Rutabagas 101*

**T**urnips and rutabagas can usually be used interchangeably. The flesh of the rutabaga is a bit drier so they may take a little longer to cook. Turnips and rutabagas pair well with butter, cream, blue cheeses, fresh herbs, roasted garlic, leeks and other root vegetables. Turnips are an excellent source of potassium, sodium and calcium. They are also a good source of magnesium and phosphorus. Turnips are rich in Vitamin C and contain a good amount of choline. Turnips are supposedly used in treating arthritis and are good antioxidants. They are said to lower the risk of obesity, high blood pressure, diabetes, and cancers of the stomach, pancreas, bladder and lung diseases. Turnips help prevent cataracts and cardiovascular disease.



**SMALL YOUNG TURNIPS** Can be eaten raw, sprinkled with salt and don't need to be peeled.

**TO SWEETEN OLDER TURNIPS** Peel, slice and cook in boiler water for one minute. Drain and rinse under cold water.

**SIMPLE SAUTE** Melt a few tablespoons of butter and add a minced shallot (or a few tablespoons of minced onion). Toss in sliced turnips, cover and allow to cook until turnips and shallots are dark brown. Turn and cook on the other side.

**CREAM OF TURNIP SOUP** Saute 2 pounds of diced turnips and 1 diced onion in olive oil for about 15 minutes. Add 2 bay leaves, 3 cups of water, salt and pepper, bring to a boil. Cover and simmer for 30 minutes until turnips are tender. Remove from heat, remove bay leaf. Blend until smooth, return to heat and stir in  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of milk,  $\frac{1}{2}$  and  $\frac{1}{2}$  or cream. Garish with parlesy or other fresh herbs.

**TURNIP/RUTABAGA GRATIN** Preheat oven to 375 degrees. Sauté 2 pounds of thinly sliced turnips, rutabaga and/or potatoes in butter until brown. Place in a buttered baking dish. Sprinkle with chopped fresh thyme, salt and cayenne. Add 1 cup of cream and bake for about 20 minutes until veggies are tender. Sprinkle grated parmesan, Swiss or Gruyere cheese over top and bake 5 minutes more.

**KOREAN-STYLE SPICY TURNIP PICKLE** Sprinkle sliced turnips with salt and allow to rest for 2 to 3 hours, turning a few times. Drain and rinse a few times. Combine turnips, crushed red pepper flakes, minced scallion, minced garlic, salt and a bit of sugar. Place in a glass jar and cover with water. Refrigerate for a week or so.

**ROASTED TURNIPS & RUTABAGA** Preheat oven and a baking sheet to 350 degrees. Combine turnip wedges with olive and herbs of your choice. Dump turnips on to preheated baking sheet and roast 20 to 30 minutes until golden brown.

**ROASTED TURNIPS WITH GREENS** Top greens sautéed in olive oil, garlic and crushed red pepper with roasted turnips and onions, add salt to taste.

**GLAZED TURNIPS** Boil 6 peeled, quartered turnips for 10 minutes and drain. Saute in 2 tablespoons of butter, add 1 tablespoon of lemon juice and two teaspoons of sugar until glazed and golden brown. Season with salt and pepper. Toss in snipped chives.

**RUTABAGA FRIES** Peel and slice rutabaga into sticks. Soak in water for 30 minutes, drain and towel dry. Toss in oil and salt. Spread on preheated baking sheet in place in a 400 degree oven. Bake, turning once, until golden – 30 to 40 minutes. Toss with finely chopped rosemary, sea salt and pepper.

**MASHED TURNIPS OR RUTABAGAS** Bring to a boil: 1 chopped potato, 2 pounds of chopped turnips and/or rutabagas. Add the whites of 2 chopped leeks and one garlic clove if you wish. Simmer until tender about 15 to 20 minutes. Mash and add two tablespoons of cream or reserved cooking broth. Stir in a few tablespoons of butter. Optional: Stir in 1 cup of grated Gruyere cheese and/or a bulb of roasted garlic.

*-Compiled by Gretel Hakanson*

*Santa Cruz River Farmers' Market is located at this NE Corner of Speedway and Riverview between the Arizona School for Deaf and Blind and El Rio Neighborhood Center. For more information visit: <http://communityfoodbank.com>.*