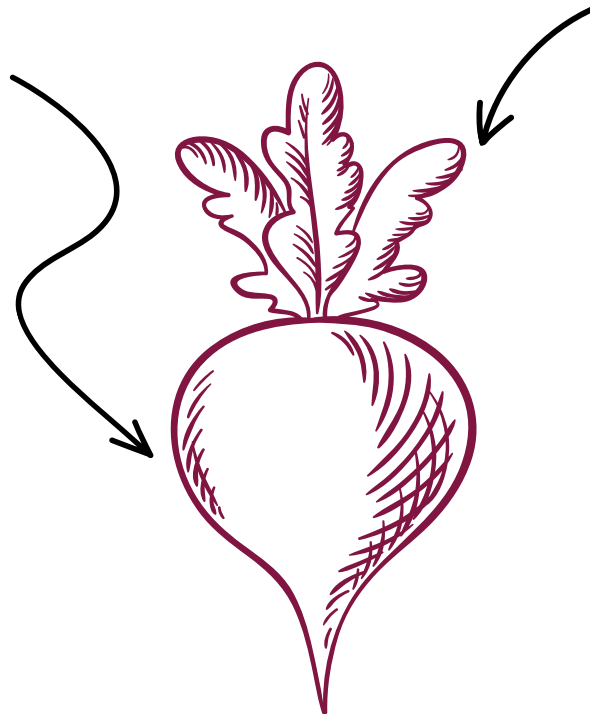


# TURNIP

## WHAT PARTS CAN I EAT AND HOW?

### ROOT (BULB)

- Baked, boiled, steamed or roasted
- Mashed
- Shredded in a coleslaw
- Eat raw with a dip or in a salad (julienned, shredded, etc.)
- Pickled



### LEAVES

*Turnip greens have a peppery flavor, similar to mustard greens, arugula and rapini. They are best eaten **cooked!***

- Enjoy sautéed, braised, or added to soups.

**COOKING TIP:** Use turnips any way you would use a potato, and then some!

### WHEN IS IT IN SEASON?



Turnips are in season from **August to February**.

### STORAGE



Turnips can be stored for 2 weeks in the refrigerator crisper or lowest shelf.

# ROOT VEGETABLE GRATIN

**SERVES 8**

## INGREDIENTS:

- 2 tbsp. unsalted butter
- 1 1/4 cup heavy cream, divided
- 3 large parsnips, peeled and thinly sliced diagonally
- 2 medium sweet potatoes, peeled and thinly sliced
- 2 large carrots, peeled and thinly sliced, diagonally
- 2 large beets, peeled and thinly sliced
- Salt and pepper, to taste
- 1/2 cup hard cheese, grated
- 2 cloves garlic, pressed

## INSTRUCTIONS:

1. Preheat oven to 400°F. Butter a 9 by 13 inch baking dish. Pour 1/4 cup cream in dish.
2. Layer parsnips, sweet potatoes, carrots, and beets in prepared dish. Season with salt and pepper. Top with cheese. Stir together garlic and remaining 1 cup cream in a bowl; pour over vegetables. Cover dish with aluminum foil.
3. Bake for 30 minutes. Uncover, and bake until vegetables are tender and golden brown, 14 to 17 minutes. Let stand 10 minutes before serving.

*Recipe from Country Living*

# SWEET POTATO & TURNIP LATKES

**SERVES 4**

## INGREDIENTS:

- 1 sweet potato, peeled and thickly sliced
- 1 turnip, peeled and halved
- 2 parsnips, peeled
- 1 medium onion, peeled and halved
- 2 large eggs
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Canola oil

## INSTRUCTIONS:

1. In the bowl of a food processor or using a box grater, shred the sweet potato, turnip, parsnips, and onion. Transfer to a cheesecloth or kitchen towel lined colander. Let it sit for about 10 minutes, then wring out the moisture over a bowl to remove any excess liquid.
2. Transfer the shredded potato mixture into the bowl and add the flour, eggs, salt, and pepper. Use your hands to mix.
3. Preheat the oven to 175° F and line a shallow dish or baking pan with paper towels. Heat a skillet over medium high heat with about a couple tablespoons of oil. Drop about two tablespoons of the mixture into the pan and use a fork to spread into about 3-inch pancakes. Let it crisp a few minutes per side and transfer to the prepared baking dish. Sprinkle with a little salt if desired.

*Recipe from Kitchen Confidante*

