

The background of the entire page is a photograph of several purple top turnips. One turnip in the foreground is cut in half, revealing its white, concentric rings. Another turnip is partially cut, showing its green leafy top. The turnips are set against a dark, textured background.

VEGETABLE OF THE WEEK

PURPLE TOP TURNIPS

Turnips are a root vegetable, related to arugula and radishes, which are members of the mustard family. Turnip lovers prize the deliciously sweet and tender white roots with a purple crown. These turnips are often 4" and sometimes 6" across, and can store long-term in the root cellar, providing winter fare with vitamins, minerals and antioxidants that boast a whole range of health benefits.

To store: The turnip itself should be stored in a plastic bag in the crisper drawer of your fridge. Under the correct conditions these turnips can store for 4-5 months! Ideal conditions are about 36 degrees and 95% humidity, so they won't last quite as long in your slightly warmer fridge, but they are a keeper.

Handling: Wash and cut into wedges or slices, grate into slaws and salads.

To cook: Serve them raw with dip in a crudite tray. Or grate and add them to a salad for a zip. Turnips are however more commonly cooked. They are delicious when roasted with other root vegetables (like carrot, potatoes, rutabaga, garlic). Add a turnip or two to your favorite mashed potato recipe. Or add them into soups and stews.

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