

VEGETABLE OF THE WEEK

# SALAD TURNIP

Salad turnips are a root vegetable, related to arugula and radishes, which are members of the mustard family. Salad turnips have a much higher amount of water in them than traditional purple top turnips and thus can be eaten raw or cooked. Turnips grown in the heat can be unpleasantly “spicy” if not cooked properly or combined with the proper vegetables (like potatoes), but smaller, younger turnips can add great zip to dishes. They are best in the fall or spring, when they are small and sweet. Our turnips have a simple white skin and interior.

**To store:** Remove the greens from the turnips and cook/store as instructed in the Turnip Green Cheat Sheet. The turnip itself should be stored in a plastic bag in the crisper drawer of your fridge for up to 3 weeks.

**Handling:** Cut off the green tops (which can be eaten as well). Wash and cut into wedges or slices.

**To cook:** Serve them raw with your favorite dip (hummus, ranch, etc.) in a vegetable 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). Try a turnip gratin, add a turnip or two to your favorite mashed potato recipe, or add them into soups and stews.

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