

Turnip

Growing & Harvesting

Grow. Plant seeds in spring. Soil temperature can be as low as 40°F. Sow seeds ¼- to ½-inch deep, one inch apart, in rows 12-18 inches apart. Thin to 4-6 inch spacing. Plant in full sun and water 1-2 inches per week. For more growing information, visit www.msueextension.org and look for the MontGuide, *Planting a Successful Home Vegetable Garden*, or contact your Extension office.

Harvest. Begin harvest when turnips are one inch in diameter or larger. Harvest can be late into the season as turnips can withstand several light freezes.

Selection

Choose young, small bulbs: they are the most tender. Overgrown turnips are sharp in flavor and tough and woody in texture. They should feel firm and heavy with crisp green tops. Check for a sweet aroma. Turnips are generally white at the bottom with a light purple blush on the top of the bulb.



Storage

Store turnips in a vegetable crisper where it is cool and moist for only a few days. Longer storage will make turnips bitter.

Nutrition Information

Most vegetables are rich in fiber but provide negligible amounts of saturated fat, *trans* fat, cholesterol, and sodium and are gluten-free. Turnips have only 17 calories per half-cup serving and are rich in Vitamin C.

Uses

Bake. Place whole turnips, halves or slices in a baking dish and cover. Bake at 350°F for 45 minutes, or until tender.

Boil or Steam. Slice turnips into 1/2- to 1-inch pieces and place into steamer or pan of boiling water. Steam or boil about 15-20 minutes or until tender. Boil uncovered to allow the bitter gases to escape. After boiling or steaming, add turnips to casseroles or blend with potatoes.

Microwave. Cut turnips into quarters or one-inch pieces and place them in a microwaveable dish with two tablespoons of liquid. Cover with a lid or vented plastic wrap. Microwave on high for 4-6 minutes or until tender.

Raw. Cut smaller turnips into 1/4- to 1/2-inch slices and eat raw, or add to a salad, slaw or a vegetable tray.

Roast. Chop peeled turnips into quarters, place in plastic bag and shake with olive oil to coat. Spread coated turnips on a pan to roast at 425°F for 20-30 minutes, or until tender.

Sauté. Warm pan to medium to medium-high heat, add butter or oil to coat bottom of pan, then add diced 1/2- to 1-inch pieces of turnip. Stir turnips to produce even browning. Sauté about five minutes, or until tender.

Season. To enhance the flavor of turnips, use garlic, coriander, cumin, chili powder or cardamom.

Preserve. For more information on preserving turnips, look for MontGuides: *Freezing Vegetables*; *Drying Vegetables*. Visit www.msueextension.org/nutrition and click on the food preservation link or contact your Extension office.

Food Safety Tips

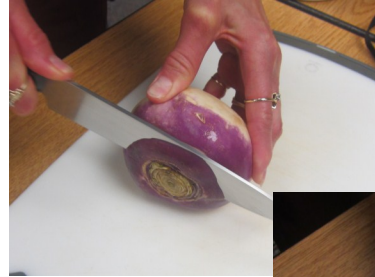
1. **Clean.** Wash hands and food contact surfaces before and after preparation.
2. **Chill.** Keep produce and food cool and chill promptly.
3. **Separate.** Keep produce and food separate from raw meats and eggs.
4. **Cook.** Cook food to a safe temperature.

Questions? Click on www.foodsafety.gov

Preparation: Step-by-Step



Wash hands. Rinse thoroughly in cold water to remove sand and dirt.



Cut off root and stem ends. Place turnip cut-side down and, if desired, slice off skin or use a vegetable peeler.



Firmly hold peeled turnip to slice to desired thickness.



Cut the slices into strips or dice to desired size.

For More Information:

Montana State University Extension: www.msuxextension.org
MSU Extension Master Gardener: www.mtmastergardener.org
MSU Extension Food and Nutrition: www.msuxextension.org/nutrition
MSU Extension Nutrition Education Programs: www.buycatlivebetter.org

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Information Courtesy of:

De Long, E. (2001). Guidelines for Harvesting Vegetables. Cornell Cooperative Extension. <http://www.gardening.cornell.edu/factsheets/vegetables/harvestguide.pdf>
Fruits & Veggies More Matters. (2012). Turnip: Nutrition. selection. storage. <http://www.fruitsandveggiesmorematters.org/turnip>
University of Illinois Extension. (2013). Turnip/Rutabaga. *Watch Your Garden Grow*. <http://urbanext.illinois.edu/veggies/turnip.cfm>