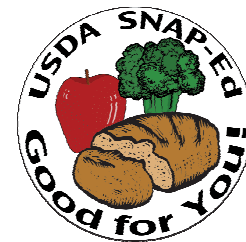


Turnips



Selecting Fresh Turnips:

- Select turnips with a heavy, firm skin.
- If tops are attached, they should be fresh, green and crisp.
- Avoid turnips that are soft or have brown spots.
- Avoid greens that are yellow or wilted, which may indicate old turnips.

Measuring Fresh Turnips:

1 pound turnip greens = 6-7 cups raw leaves = 1 cup cooked leaves
1 pound turnips roots = 3-4 medium turnips = 2½-3 cups cooked & mashed

Handling, Ripening and Storing:

- Turnips and turnip greens should be stored separately.
- Wrap greens in a damp towel and place in a perforated plastic bag.
- Greens will last up to 4 days in the coldest part of the refrigerator.
- Store the roots (the actual turnip) in a plastic bag in the refrigerator vegetable drawer.

Preparation and Serving:

- Remove greens from the root, which is the turnip, and rinse thoroughly to remove any dirt.
- Peel the turnip if necessary. Small, young turnips may only need to be scrubbed.
- Soak turnips in ice and enjoy raw or replace potatoes with turnips in any any potato recipe.
- Pair turnips with root vegetables like carrots, sweet potatoes and potatoes.
- Turnips also pair well with citrus, nutmeg, thyme, and parsley.
- Turnip greens are edible too. Boil greens for 10 minutes, braise for 12 minutes or sauté for 7 minutes.

Nutrition Facts: One serving = 1 cup boiled greens: Calories 29, Protein 2 grams, Carbohydrates 6 grams, Fiber 5 grams. Turnip greens are also an excellent source of calcium, folic acid, vitamins A, C, E, and B6. One serving = 1 cup boiled turnip root: Calories 34, Protein 1 gram, Carbohydrates 8 grams, Fiber 3 grams.

References: http://www.ehow.com/how_5450723_select-prepare-use-turnips.html,
<http://southernfood.about.com/library/info/blequivm.htm>, <http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2700/2>

Creamy Turnip Cups \$

Serves 4

Ingredients:

4 medium-sized turnips
2 lb. fresh snap peas in the shell
2 Tablespoons butter
2 Tablespoons flour
2 Tablespoons half & half
salt & pepper to taste



Preparation:

Remove the peas from their shells, rinse and set aside. Have a large bowl of ice water ready. Scrub turnips under running water and place them in a large pot. Fill pot with water until it is 1-2 inches above the turnips and bring to a boil, cook turnips for 5 minutes. Carefully remove each turnip from the pot and put into the bowl of ice water for 2 minutes. Return turnips to boiling water and cook until tender, about 20-30 minutes.

While the turnips are cooking, place peas in a separate pot and fill with just enough water to cover them. Boil until tender, about 5-10 minutes. Water should evaporate until peas are almost dry but you should pour off any remaining water if this does not happen, set peas aside still in the pot.

Remove turnips and place on a towel to dry and cool slightly, 5-10 minutes. When cool enough to handle, cut a thin slice off the top and bottom to make them level, and then make a cup by scooping out the center with a spoon leaving a wall $\frac{1}{2}$ inch thick, careful not to poke a hole in the sides/bottom. Place turnip cups upside down in a baking dish and lightly coat the bottoms with butter, salt and pepper to taste. Keep warm in the oven.

Return the peas to the stove and once pan is warm add 1 Tablespoon butter and 1 Tablespoon flour, stir until peas are coated with the lumpy mixture. Stir in 2 Tablespoons half & half until smooth and creamy. If mixture becomes too thick add a little more half & half and if it is too thin add a little more flour.

Remove turnips from oven and turn them right side up. Fill each cup with the pea mixture until you have used it all. Serve warm and enjoy!

Nutritional information per serving: 290 calories, 8g fat, 4.5g saturated fat, 20mg cholesterol, 95mg sodium, 44g carbohydrate, 14g dietary fiber, 18g sugars, 14g protein.

Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25