



Turnip

Plant: Turnips are a root vegetable that should be grown in full sun. Planting should use a compost or well-rotted manure tilled to a depth of 12" into the soil. Seeds should be planted 0.5" deep into soil, 3-5" apart from other seeds, and in rows spaced 15-18" apart. Germination should occur within 7-10 days after planting.

Grow: Once the turnips begin to grow, thin the turnips to about 4" apart to give enough room for the plants to develop good roots. If you are growing turnips in the summer, they tend to be more tender. In the fall, the turnips tend to be hardier, which can be stored better in a cool, dry place.

Harvest: Early turnips are ready for harvesting in about 5 weeks after planting. Late turnips take about 8-10 weeks. Harvesting is ready when the turnips are about 2" across.

Nutrition Facts	
Serving Size 3/4 cup (85g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	

Nutritional Information:

Turnip is a great source of vitamin C, which helps to strengthen the immune system and repair tissues. They are also high in B vitamins, which helps with metabolism and nervous system function. Turnips are a low calorie option with a higher fiber content, which aids digestion and promotes fullness. The greens on top of turnips provide a high level of vitamin K and A as well as folate and vitamin C.

How to Prepare:

Purchase turnips with their tops on or off, and save the turnip greens for a different dish. Begin by washing the turnip well and peel the outer layer of skin. Cut the turnip into slices or small chunks and boil. The simplest way to serve the turnips is with pepper and butter. The tops can be prepared like spinach or any other delicate green.



Turnip Frittata

Yields: 6 servings

Serving size: 1/6 recipe

Ingredients

- 8 oz. broccoli rabe (~ ½ bunch) or broccolini, trimmed
- 2 teaspoons minced garlic
- ½ teaspoon salt
- 2 tablespoons extra-virgin olive oil, divided
- 3 ½ cups shredded peeled turnips (~ 2 medium)
- ½ cup chopped onion
- 8 large eggs
- 2 large egg whites
- ¼ cup low-fat milk
- ½ cup shredded fontina or cheddar cheese

Preparation

1. Preheat oven to 425°F.
2. Bring a large pot of water to a boil. Add broccoli rabe (or broccolini) and cook until very tender, about 5 minutes for broccoli rabe (or 6 to 7 minutes for broccolini). Drain well. Transfer to a large bowl and toss with garlic and 1/4 teaspoon salt. Set aside.
3. Heat 1 tablespoon oil in a large ovenproof nonstick skillet over medium heat. Add the turnips, onion and the remaining 1/4 teaspoon salt. Spread and pat the mixture into an even layer; cook, without stirring, for 2 minutes. Then stir the mixture and scrape up any browned bits. Pat the mixture back into an even layer and continue cooking, without stirring, for 2 minutes. Stir again, spread back into an even layer and cook until mostly golden brown, 2 to 4 minutes more. Transfer to a plate. Wash and dry the pan.
4. Whisk eggs, egg whites and milk in a medium bowl. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with cheese, then the broccoli rabe (or broccolini).
5. Transfer the pan to the oven. Bake the frittata until set, about 15 minutes. Remove from the oven and let stand 5 minutes. To release the frittata from the pan, run a flexible rubber spatula along the edges then underneath, until you can slide it out onto a cutting board or serving plate. Cut into wedges and serve.

Nutrition Facts per Serving:

211 calories, 14 g fat, 7 g carbohydrates, 1 g fiber, 14 g protein