

Nutrition Spotlight: Turnips

Turnips are high in fiber and the powerful antioxidant, vitamin C. If the skin is tender, it doesn't really need to be peeled – simply wash the turnips and trim off the top and bottom and enjoy!

Don't forget the greens! Turnip greens are high in calcium and are great sautéed with a little olive oil and garlic. Remove the greens from the turnips as soon as you bring them home. Store the turnip greens in a plastic bag for up to five days.

Quick Pickled Turnips

Ingredients:

- 1 bunch hakurei turnips and/or radishes
- 1 tsp. salt
- ½ c. rice wine vinegar
- 1 tsp. sugar or ¾ tsp of maple syrup
- ½ tsp. black peppercorns, crushed
- 3 thin slices of ginger

Directions

1. Wash turnips well and slice them thinly.
2. Place turnip slices in a small bowl and toss with salt. Let rest until there is a pool of liquid on the bottom of the bowl, about 30 minutes.
3. Drain turnips of the salty water and pack into a pint-sized mason jar. Add vinegar, sugar, pepper, and ginger slices. Apply a water-tight lid and shake to combine.
4. Place pickled turnips in the fridge to chill before eating. Pickles can be eaten within an hour of being made and will keep for at least a week.

Save the greens and use them in a sauté, stir fry, quiche, with your eggs in the morning or in the “Skillet Turnip Greens” recipe.