

Turnips, Salad Turnips

Salad Turnip, Hakurei Turnip, Spring Turnip, Japanese Turnip

This gem of a vegetable goes by many names and tastes very different than a storage turnip. We most commonly refer to it as "Salad Turnip"

STORAGE

3-5 days in a plastic bag in your fridge with the tops on. To help them keep longer, take the tops off and store in a plastic bag until using. Stored this way they'll keep at least a week or longer.

TURNIP GREENS

Sauteed young turnip greens from Salad Turnips are my Very Most Favorite bitter green! Wash, finely chop, and saute/stir-fry for 2-3 minutes. Chop finely to avoid slimy-ness. Serve with a topping of balsamic vinegar for an excellent side dish.

RAW

These are most commonly eaten raw. And for good reason! They have a unique, smooth raw texture. Many children enjoy eating them 'like an apple'.

SAUTE ~ STEAM ~ STIR FRY ~ GRILL

These are excellent cooked. Finely chop and saute/stir-fry/steam for 3-5 minutes. Add sliced, or chopped in half to a grill basket or roast in the oven.

LITTLE EXTRA

Store cooked turnips in a freezer bag.

FRIDGE PICKLES ~ FERMENTING

The texture of Salad Turnips makes a really great ferment and fridge pickle but they don't hold up to the heat of water bath canning. Large amounts can be steamed and frozen; when blended/pureed they lend a beautiful texture and flavor to sauces and soups.

CROP AVAILABILITY

Salad Turnips are available in June
Occasionally late Sept/Oct

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lowervalleyfarm.com

