

Turnips

Pairings

potato, carrot, apple, lemon, onion, sage, cumin, nutmeg, ginger, vinegar, tarragon, bacon, turkey, chickpea

Preparation

Here are a few tips about preparing [turnips, rutabagas and parsnips](#).

Raw (turnips): Cut off greens, rinse turnips under cool running water to clean, and peel the turnips with a knife.

Sauté (turnips): Heat 1 tablespoon of olive oil in a skillet. Slice turnips into thin strips and add them to the skillet, then add another tablespoon of oil. Cook and stir turnips constantly for 5 minutes. Reduce heat and continue to cook until tender. Spritz with lemon juice to taste.

Grill (turnips): Cut turnips to preferred size. Brush with olive oil and season with salt and pepper to taste. Place on grill pan, continuously turning until tender. Grill for 2 minutes on each side or until tender.

Roast (turnips): Heat oven to 500°F. Peel and slice turnips. Toss turnips in mixture of olive oil or butter and a little salt and pepper, then roast for 25 to 30 minutes or until brown and tender.

Turnip Greens: Wash greens under cool running water to clean. Tear the leaves apart, sprinkle with lemon juice and let sit 5 minutes. Cook the leaves in a skillet in 1 tablespoon of olive oil. This usually takes 5 to 15 minutes. Drizzle favorite dressing or sauce on greens for flavor.

Storage

Short-Term Storage

Turnips should be stored in a plastic bag in the refrigerator drawer for up to 2 weeks, unwashed. If you want to cut the leaves off, leave about 1 inch to ensure you don't cut into the turnip. Always store greens separately.

Long-Term Storage

[Learn more about freezing vegetables.](#)

FoodLinkSM Recipes

[Harvest Vegetable Salad](#)

[Tasty Turnip Mash](#)

[Smothered Greens](#)

[Brussels Sprouts with Mushroom Sauce](#)

[Easy Roasted Veggies](#)

[Maple-Glazed Turnips](#)