What’s Fresh:

Turnips

They’re naturally good!
- High in vitamins C, K & A
- Provide dietary fiber, calcium & iron
- 1 cup = 1 serving of veggies

Storage Tips:
- Store in a plastic bag in the refrigerator.
- Use within 2 weeks.

Preparation Tips:
- Wash before using: scrub turnips under running water. Pat dry.
- Use a peeler or paring knife to remove the skins and reveal the light-colored flesh.
- Chop off each end of the turnips and cut in half. Place the turnip cut-side down on your cutting board. Cut into planks. Cut planks into slices, then slices into cubes.
- For even cooking, cut turnips into equally-sized pieces.
- Turnips are cooked when you can just pierce them with a fork.

Ways to eat turnips:
- **Eat them raw.** Cut turnips into sticks and serve with hummus or low-fat ranch.
- **Add them to soups & stews.** Use chopped turnips in place of potatoes!
- **Add to mashed potatoes.** Bring a pot of salted water to a boil. Add 2 chopped turnips and 2 chopped potatoes; cover and reduce heat. Simmer for 20 minutes, or until soft enough to mash. Drain & place in a bowl. Add 3 tablespoons of butter or oil; add salt & pepper to taste. Mash with a fork or potato masher. Add a dash of milk or cream for a smoother mash.
- **Roast them.** Preheat the oven to 425°F. Rinse, peel & chop turnips into evenly sized 1/2-inch cubes. In a bowl, toss chopped turnips with enough oil to coat. Add salt and pepper to taste. Spread onto a baking sheet in a single layer. Roast, turning halfway through, until turnips are tender and slightly browned, about 30-40 minutes. For extra flavor, add minced garlic or garlic powder, paprika or dried herbs before roasting.
- **Microwave them.** Rinse, peel & chop turnips. Place in a microwave-safe dish with a 1/2 inch of water. Microwave on high for 6-9 minutes, or until easily pierced with a fork. Season with salt, pepper and your favorite herbs or spices.
- **Boil them.** Bring a pot of salted water to a boil. Add peeled & chopped rutabaga, cover and reduce heat. Simmer for 30-40 minutes or until tender. Season to taste with salt and pepper.

See more recipes on the back
**Roasted Turnip Salad**

**Ingredients:**
- 1 large or 2 small turnips, rinsed, peeled & chopped
- 3 Tablespoons oil
- 2 tablespoons oil (for roasting)
- 1/2 teaspoon salt (for roasting)
- 1 bunch (about 4 cups) leafy greens (such as kale, or collard greens, spinach or arugula)
- 2 Tablespoons finely chopped onion
- 1 teaspoon mustard, such as Dijon (optional)
- 1/2 teaspoon salt (for roasting)
- 1 garlic clove, minced (or 1/2 tsp garlic powder)
- 1 teaspoon honey or sugar (optional)
- 1/4 teaspoon each of salt & pepper
- Optional ingredients:
  - 1/4 cup dried fruit (such as cranberries or raisins)
  - 1/4 cup nuts or seeds (such as walnuts or pecans)

**Directions:**
1. Roast turnips following instructions on the front of this sheet under “ways to eat turnips.”
2. If using kale or collards: stack leaves together, roll into a thick log, and slice thinly. Massage the greens by grabbing them by the handful and squeezing; repeat for 1-2 minutes until greens have tenderized. If using spinach or arugula, chop into bite-size pieces. Place greens in a large bowl. Mix in finely chopped onion.
3. To prepare dressing, whisk together oil, vinegar, garlic, mustard, honey/sugar, salt and pepper.
4. When roasted turnips are cooled, combine them with the greens. Drizzle with dressing and toss to combine. Sprinkle with dried fruit, nuts and cheese, if using.

**Root Vegetable Hash**

**Ingredients:**
- 2 tablespoons oil
- 4 garlic cloves, minced (or 1 tsp garlic powder)
- 2 medium turnips, peeled & chopped
- 2 tablespoons fresh or 2 teaspoons dried herbs (such as thyme, rosemary or parsley)
- 2 carrots or parsnips, peeled & chopped
- 1 large potato or sweet potato, chopped
- 1 medium onion, chopped
- 1/4 cup of water
- salt & pepper to taste

**Directions:**
1. Make sure turnips, carrots/parsnips and potato/sweet potato are cut into evenly sized pieces.
2. In a large skillet over medium-high heat, add oil. When oil is hot, add root vegetables, onion and garlic. Stir to coat with oil. Cook, stirring occasionally, for 6-7 minutes. Allow the veggies to brown, but not burn.
3. Reduce heat to medium, stir and add fresh or dried herbs. Pour in 1/4 cup of water, cover and let steam for 5-7 more minutes. Add salt and pepper. Cook until veggies are fork tender and remove from heat.
4. Serve with eggs and whole-grain toast!

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