

# FARM TO SCHOOL SPRING NEWSLETTER

## TURNIPS!



Turnips are closely related to Arugula and Radish. Larger Turnips have a more peppery taste while smaller turnips are thought to be more sweet! Turnips grow as roots but the entire plant is edible. As it grows, the top of the bulb will pop out and change color as it's exposed to sunlight. When growing it in your garden, plant in the ground as a seed in March and April to have a mid summer harvest! Companion plant with peas, spinach and chives to include in a tasty salad or snack!

### Why Should You Eat It?

The bulb of the turnip is a great source of Vitamin C that helps your body grow strong. Turnip Greens have Potassium and Calcium which are needed to stay healthy.

You can eat turnips raw but most people enjoy them steamed, baked or boiled like a potato. The greens are enjoyed sauteed or roasted with the turnip bulb.



### Crispy Roasted Turnips with Chive Butter

- 8 cups chopped turnips, stems attached
- 2 tablespoons avocado oil
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon black pepper

For the butter:

- 1 tablespoon melted butter
- 2 tablespoons minced chives

Dice turnips into bite sized pieces

In a large bowl add the avocado oil, salt and pepper.

Stir to combine the mixture then spread out onto a large, heavy duty rimmed baking sheet.

Place the turnips in the oven at 425°F and roast for 25-30 minutes.

Toss the turnips halfway through.

For Butter:

Melt the butter in a small bowl then add the minced chives. Stir to combine and set aside.

When Turnips are golden brown, drizzle butter over turnips and enjoy!