

In The Bag
Potomac Vegetable Farms
Week #7A: November 7, 2012
Featuring: Turnips

This is what we anticipate will be in your bag. It could be slightly different.

Mini: garlic, sweet potatoes, turnips, bok choy, kale, rosemary, ginger, mixed mustards

Regular: garlic, potatoes, turnips, cabbage, arugula, Mizuna, ginger, carrots, parsley

Robust: garlic, potatoes, sweet potatoes, turnips, cabbage, bok choy, arugula, Mizuna, kale, rosemary, ginger, carrots

Potatoes and sweet potatoes go in a cool, dark place. Butternut, neck pumpkins and garlic will be happy on the counter. Carrots, ginger, turnips, cabbage, leafy greens, herbs, broccoli, and radishes are do best in the fridge.

Featuring: Turnips

We like a to grow an assortment of turnips here at PVF. They're so fun, we can't resist. Click on the name of the turnip to see an image.

Turnips, like beets, are another 2-in-1 vegetable, so eat up those delicious, healthy greens. Turnips are in the *Brassica* family, and the greens are most similar to mustard greens. Turnip greens are one of [The World's Healthiest Foods](#), with a super high calcium (giving them their bitterness), vitamin K, and vitamin A content. They're also a great source of vitamin C and folate. Turnip bulbs are a good source of vitamin C and have two to three grams of fiber per serving. They also contain the potent phytochemical sulforaphane, which has been shown to protect against cancer, especially breast cancer.

[**Hakurei Turnips**](#) are a gourmet variety of turnips, popular in Japan. These are the small, radish-size to large, baseball-size white, round root vegetables that you've been receiving. They are tender and sweeter than most varieties with they slightest turnip/radish bite, have a crisp, juicy texture, and are delicious raw. You may also use them in stir fries, soups or with other roasted root veggies.

[**Scarlet Queen Turnips**](#) are bright pinky red and are round or a shaped like a slightly flattened sphere. These ones are also mild enough to be eaten raw, but delicious sauteed up or roasted.

[**Purple Top Turnips**](#) are the classic turnip you're thinking of. Round, with a purple top and white bottom, these have the nice turnip bite you remember hating as a child. Most will probably prefer these cooked--mashed, roasted, in soup, or sauteed--though the die-hards may still like them raw.

[**Golden Globe Turnips**](#) are shaped like your classic Purple Top, but a light golden color. These also are great mashed, sauteed, roasted, or in soup. Just put them in anything that recipe calling for potatoes. You won't be sorry.

Preserving Turnips

Freeze them: Wash and peel turnips (if they're purple top or golden globe). Cut into 1/2-inch cubes. Blanch for 2 minutes, cool, and pack into freezer bags or containers.

[Lacto-Ferment your turnips using salt, preserve them in oil, or dry them.](#)

[Pickle them!](#)

[Lemon Pickled Hakurei Turnips](#)

[Citrus Pickled Turnips with Gin and Juniper Berries](#)

[Pickled Hakurei Turnips](#)

[Lebanese Pickled Turnips](#)

Recipes

Mashed Turnips and Potatoes with Turnip Greens:

<http://www.potomacvegetablefarms.com/recipe/mashed-turnips-and-potatoes-with-turnip-greens/>

Roasted Turnips with Parmesan:

<http://www.potomacvegetablefarms.com/recipe/roasted-turnips-with-parmesan/>

Grilled Turnips with Garlic: <http://www.potomacvegetablefarms.com/recipe/grilled-turnips-with-garlic/>

Scalloped Turnips: <http://www.potomacvegetablefarms.com/recipe/scalloped-turnips/>

Turnip and Apple Salad: <http://www.potomacvegetablefarms.com/recipe/turnip-and-apple-salad/>

Spicy White Bean and Turnip Soup: <http://foodandspice.blogspot.com/2009/03/spicy-white-bean-and-turnip-soup.html>

Turnip and Carrot Slaw with Sesame Ginger Vinaigrette (video):

<http://www.ifofood.tv/recipe/asian-vinaigrette-dressed-turnip-and-carrot-slaw>

French Lamb Stew: <http://www.easy-french-food.com/lamb-stew-recipe.html>

Emeril's Best Beef Stew: <http://www.foodnetwork.com/recipes/emeril-lagasse/emerils-best-beef-stew-recipe/index.html>