
Selection

When buying turnip greens they are usually available with their roots attached. Look for greens that are unblemished, crisp, and deep green in color.

If you have purchased turnip greens with roots attached, remove them from the root. Store roots and greens in separate plastic bags, removing as much of the air from the bags as possible. Place in refrigerator where the greens should be kept fresh for about 4 days

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Be sure and wash produce thoroughly under cool running water.
 - ◆ Wash produce only right before you intend to use it.
 - ◆ Refrigerate produce in perforated plastic bags.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Buying local lets you see and meet the people who produce our food.
 - ◆ You are making a healthy choice for you and your family.
 - ◆ Buying local keeps farmers on the land and producing food for everyone.
 - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
 - ◆ Local foods taste good!
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FOR MORE INFORMATION...

Contact your local Extension office:

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(715)485-8600
<http://polk.uwex.edu>

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Turnip Greens

Verduras de Nabo

Uses

Turnip greens are good sautéed with some soy sauce, lemon juice and cayenne pepper.

Turnip greens are good served with beans and rice. Add them to soups also. Use turnip greens, as well as spinach, in vegetarian lasagna.



Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Good Source of Vitamin E
- ◆ Good source of Vitamin C
- ◆ Good source of Manganese
- ◆ Good source of Beta-carotene

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Primary Sources: WH Foods: Photos found on Google Images

Try It!

Mustard & Turnip Greens

INGREDIENTS

- | | |
|-------------|------------------------------------|
| 2 or 3 | Bunches of turnip & mustard greens |
| 1 | Large onion |
| 1 1/2 pound | Salt pork or bacon |
| | Salt and pepper to taste |

INSTRUCTIONS

1. Stem and pick greens, wash several times.
2. Put greens in large pot, add 1 cup of water. Add salt pork, onion and seasoning if desired.
3. Cook slowly until meat and greens are tender.
4. Serve greens with hot buttered cornbread.

Yield: 1 large pot

Recipe Source: www.recipesource.com



Mustard & Turnip Greens



History & Fun Facts

Turnips are an ancient vegetable that is thought to have been cultivated almost 4,000 years ago in the Near East. The Greeks and Romans thought highly of the turnip and developed several new varieties.

Turnips were introduced into North America by the early European settlers and colonists. They grew well in the South and became a popular food. They are more commonly eaten in the South than in the Northern states.