

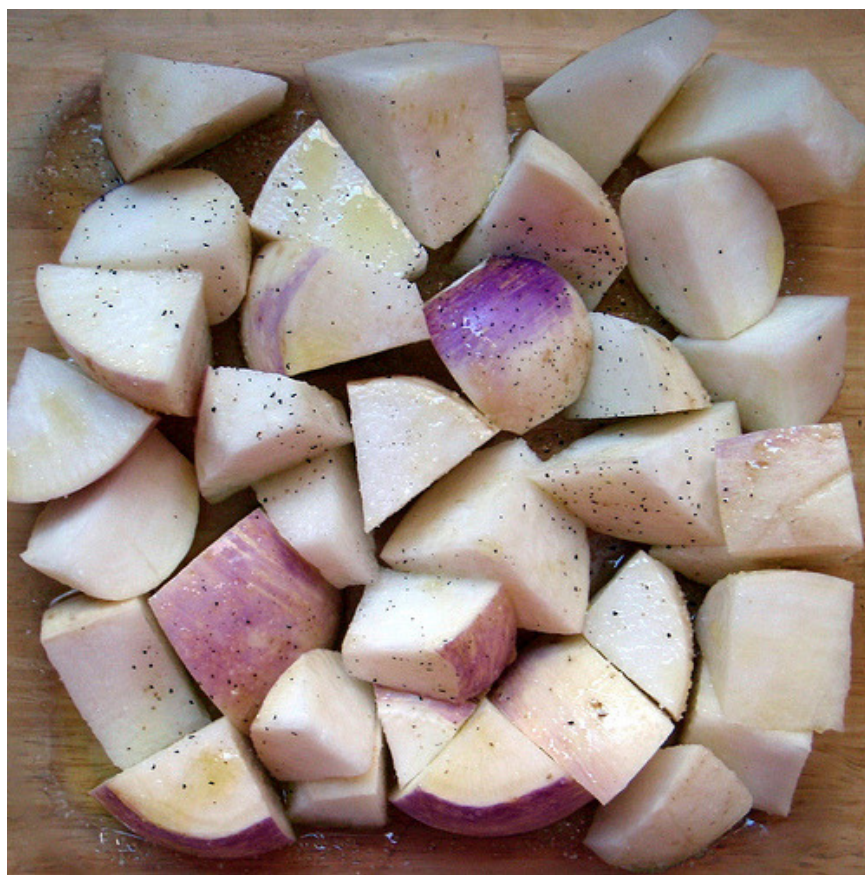
Turnips

Storage

Trim greens and store separately, wrapped in loose paper towels, in the refrigerator for up to three days. Store the uncut root for up to one month in the crisper drawer of your refrigerator.

Preparation

Wash well under colder cold water, trim any leaves or stem, and chop to desired size. You can eat raw in salads, on sandwiches, or as a snack. You can also boil, grill, steam, saute, stir-fry, bake or roast tomatoes. Furthermore, they can be used in soups, chilis, stews, and pureed to make sauces and dressings.



Nutrition

Turnips are a good source of fiber and boosts digestive help, lowers blood pressure, reduces the risk of cancer, and can help with weight loss. Turnip greens are also an excellent source of vitamins and nutrients and can be prepared by sauteing them separately.