



BENEFITS

For its versatility!

This sweet-tasting root vegetable can be prepared in a variety of ways. Turnip greens are edible too. If you're daring, you can caramelize turnip in maple syrup to make a delicious dessert.

To tell it apart once and for all!

The turnip is often confused with its cousin, the rutabaga. But, they only look alike: turnips have white flesh with a purple-tinged ring and coarse leaves, while rutabagas have yellowish flesh and smooth leaves.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



DAZZLING MARINATED TURNIPS (CONDIMENT)

Portions: 8 to 10  10 min

Ingredients

- 2 turnips, julienned
- 1 small cooked beet, julienned
- 180 ml (3/4 cup) rice vinegar
- 180 ml (3/4 cup) water
- 60 ml (1/4 cup) sugar
- 30 ml (2 tbsp) salt*

Directions

1. Cut the turnips and beet into julienne sticks. Place in a glass jar.
2. Add the other ingredients and mix to combine.
3. Make sure the liquid completely covers the vegetables.
4. Let stand 1 week before using.

Variation

For a slightly different taste, use apple cider vinegar instead of rice vinegar.

Note

This recipe calls for a large amount of salt to prolong the shelf life of the turnips. It makes a great side for your dishes and can replace pickles or pickled beets.

Source: Marie-Pierre Drolet, RD



ROOT VEGGIE FRIES

Portions: 4  5 to 10 min  35 to 40 min

Ingredients

- 1 sweet potato
- 2 turnips
- 15 to 30 ml (1 to 2 tbsp) olive oil
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) onion powder
- Salt and pepper to taste

Directions

1. Preheat the oven to 180°C (350°F).
2. Cut the vegetables into sticks and place them in a bowl.
3. Add the oil and seasoning and mix to combine.
4. Arrange the vegetables on a baking sheet and cook for 35 to 40 min. Turn half-way through cooking.

Source: Marie-Pierre Drolet, RD

WASTE-REDUCTION TIP!



Turnip greens can be prepared like spinach and eaten raw or cooked. They also make an excellent pesto. Wash 2 large handfuls of turnip greens and blend together with 30 g almonds, 1 garlic clove, 3 tablespoons lemon juice, 3 tablespoons olive oil and 3 tablespoons water. Simply add salt and pepper for a perfect pasta sauce.