

RUTABAGA & TURNIP



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GROWING

Rutabagas and turnips are root vegetables. Rutabagas are a cross between a turnip and a wild cabbage. They are both cool weather crops that are grown in the northern parts of the United States. They can be purple, white or yellow in color.

SELECTING

When selecting, choose rutabagas that are medium sized, or ~3 to 5 inches in diameter. Choose turnips that are smaller in size, or ~1 to 3 inches in diameter. They should be firm, free of damage from pests or rot and not shriveled.

STORING

Rutabagas and turnips should be stored between 32 and 35 degrees F. If they are stored in warmer areas - or for long periods of time - they will become bitter.

BODY

Naturally, rutabagas and turnips are fat- and cholesterol-free. They are high in dietary fiber and Vitamin C. Vitamin C helps the body to make collagen, blood vessels, hair, fingernails and skin, among other things. These are both vegetables. A healthy diet should contain at least 2-3 cups of vegetables per day.

KITCHEN

Rutabagas and turnips taste like a mixture of a potato and carrot. If they are old, are cooked incorrectly or are too large they can be bitter. They can be baked, boiled, roasted, preserved or even eaten raw.



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DID YOU KNOW?

RUTABAGAS AND TURNIPS WERE TRADITIONALLY GROWN FOR BOTH HUMANS AND ANIMALS TO EAT.

EVERYDAY RECIPES

Straight from the Field

Ingredients

Turnips or rutabagas
Salt
Desired seasoning

Directions

1. Wash rutabagas or turnips with lukewarm water and scrub brush.
2. Cut off green tops.
3. Chop small turnips or medium sized rutabagas into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices.
4. Add salt or desired seasoning and eat raw or add to the top of a salad.



Easy Microwaved Turnips and Rutabagas

Ingredients

Turnips or rutabagas
Desired seasonings

Directions

1. Wash rutabagas and turnips with lukewarm running water and a scrub brush.
2. Cut off green tops.
3. Chop small turnips or medium sized rutabagas into quarters.
4. Microwave on high for 4-6 minutes, or until tender, in a vented microwave safe container. If you do not allow the steam to escape the turnips or rutabagas will become bitter.
4. Add salt or desired seasoning. Enjoy!



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