

Harvest of the Month

Turnip Fun Facts

- There are over 30 varieties of turnips, which differ in size, taste and use.
- Turnips are available all year, but peak turnip season runs from October to March.
- If turnips are too large they can be tough and woody.
- The best way to store turnips is wrapped in plastic and refrigerated for up to two weeks.
- A one-cup serving of turnips has 34 calories, dietary fiber, and vitamin C.
- Some ways to use turnips include adding them into salads and slaws or adding them to soups or mashes.



More Turnip Recipes
on the Back



Next Month: Beans

December: Turnips



Roasted Turnip & Tater Mash

Prep Time: 10 min **Cook Time:** 40 min **Total Time:** 50 min **Serves** 12 (1/2 c. ea.)

Ingredients:

10 Medium red potatoes: Skin on and quartered
2 Turnips: peeled and cubed
2 Tablespoons olive oil
2 teaspoons minced fresh garlic
Salt and Pepper—sprinkle lightly
1/2 teaspoon fresh thyme leaves, finely chopped
1/2 Cup low fat milk, warmed
2 Tablespoons melted butter

Method:

Place turnips and potato on a baking sheet in a single layer and drizzle with olive oil. Season with salt and pepper. Roast the vegetables for 20 minutes. Stir the veggies and continue roasting for 15- 20 minutes longer. The potatoes and turnips will be tender and lightly golden brown when finished.

Transfer to a mixing bowl. Add the milk, melted butter and thyme and mash using a hand-held potato masher (for a lumpier mash) or use a stand mixer fitted with the paddle attachment and blend on medium speed until creamy. Taste the mash and season with additional salt and pepper to taste, if necessary.

Nutr. Info per 1/2 c: Approx. 150 Calories, 5g Fat, 24g Carb., 3g Protein, 3g Fiber

MORE RECIPES: www.JacksonInAction.org/recipes

BWELLthy recipes videos:

www.BRMH.net/recipes

Photo: Katie Schmidt

The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, the BRF public library and the community.

December Wellness Events

Visit www.JacksonInAction.org for healthy living information.

December 1 Christkindl Festival —
Downtown Black River Falls

December 1 [Santa Run/Walk \(1/2 Mile, Mile, or 5K\)](#) 8am at BRF Chamber of Commerce; All proceeds will go toward the BRF Middle School 8th Grade trip to Washington DC; [ONLINE REGISTRATION LINK](#) (please register online by Nov 15)

December 4 Decoding the Driftless Movie. 6:30 p.m. Black River Falls Middle School Auditorium. \$10. admission

December 6 Kidz in motion 6 pm-6:45 at Lunda Community Center ages 5-10, members are \$3 and non-members are \$6. Register online or at the front desk

December 15 Jackson County Winter Farmers Market 10:00 am-1 pm. Lunda Community Center Field House

December 19 Harvest of the Month at BRMH: 11:30 am – 12:30 p.m. Tasting.

December 20 WEAU TV-13 Live Cooking at 4 P.M. with Ruth Chipps, BRMH Registered Dietitian Nutritionist

5210 Healthy Living info at
www.JacksonInAction.org

5210 Every Day!



Sautéed Turnips with Spinach and Raisins

2 tbsp. olive oil
1 clove garlic
3 medium turnips
peeled and cut
1/2 cup raisins
3 tbsp. lemon juice
10 oz fresh spinach
Freshly ground nutmeg
Salt and pepper to taste



Heat oil and garlic in sauté pan. Add turnips and raisins and cook for one minute. Add lemon juice. Cover and cook for three more minutes. Stir in spinach. Cook until wilted. Sprinkle with nutmeg and pepper.

Turnip Medley

2 turnips
2 medium sized carrots
8-10 Brussels sprouts
2 tbsp. extra virgin olive oil

Preheat oven to 400 degrees. Place peeled and cut turnips, carrots, and Brussels sprouts onto a large sheet pan Then drizzle with olive oil and sprinkle with salt and pepper. Toss together. Bake for about 25 minutes, turning half way through. Remove from oven and toss with balsamic vinegar. Top with cranberries and enjoy.



Get our Free 5210 Newsletter at
www.JacksonInAction.org

-See the Turnip LIVE/cooking on WEAU-TV 13 (NBC) Eau Claire Thurs Dec. 20 at 4 p.m. with Ruth Chipps, RDN, CD.

-Taste it at BRMH Café Wed. Dec. 19 , 11:30am-12:30pm

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