

Turnips

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Turnips are a member of the mustard family, grown for their roots and greens. Other popular crops in this family include broccoli, cabbage and radishes. Turnips are considered cool season crops, so they do not grow well and can start to taste bitter when the weather gets hot during summer.

Planting

- The earliest and latest planting dates for turnips vary depending on what region of Kentucky they are grown in:
 - March 1 and August 15 for western KY
 - March 10 and August 1 for central KY
 - March 15 and July 15 eastern KY
- Seed can be broadcasted or planted individually at a depth of ½ inch.
- Final plant spacing should be 3-to-4 inches for turnip roots and 2-to-3 inches for turnip greens.
- If growing in a container, it should be 8 inches deep.



Care and Harvest

- Weeds are unlikely to be an issue because turnips germinate and grow quickly.
- Water about 1 inch per week (including rain), taking special care during root enlargement.
- Excess nitrogen may reduce yields.
- Turnips roots are ready to harvest 40-to-60 days after planting, and greens are ready 30-to-50 days after planting in the spring. Both roots and greens are ready for harvest 50-to-60 days after planting in the fall.
- Turnip roots should be harvested when they reach 2-to-3 inches in diameter. If left to grow larger, they may get woody.

Storage and Use

- Turnip greens can be kept in a refrigerator for one week, and roots (with the leaves removed) can be kept in cool sand for several months.
- Fresh turnip roots and greens can be frozen after blanching for 2 minutes. Mashed or roasted turnip roots can be frozen as well.

References

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RECIPES

PARMESAN CRUSTED CRUSHED TURNIPS

Adapted from a Chef's Kitchen recipe

Cook in salted, boiling water for 20-to-30 minutes:

- 12 small to medium turnips, peeled

Preheat oven to 375 degrees. Press turnips on a clean kitchen towel or double layer of paper towels until they are ½-inch thick. Let dry for 15 minutes, flip to a dry section of towel and let dry again.

Combine in a bowl:

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Black pepper (to taste)
- Salt (to taste)

Brush turnips with oil and herb mix. Sprinkle with:

- 1 cup parmesan cheese, grated (or as needed)

Flip turnips and repeat. Bake for 20-to-25 minutes on a baking sheet lined with parchment paper or nonstick aluminum foil. Garnish with:

- Fresh chives, chopped

Serves 6.

Alternative herbs and garnishes include rosemary and crumbled bacon. The parmesan cheese can be substituted for your favorite cheese.



SPICY SKILLET TURNIP GREENS

Adapted from the Robyn Stone recipe

Drizzle olive oil into skillet over medium heat. Add

- 1 medium onion cut into wedges

Cook until tender. Add ½ of the

- 1 pound turnip greens cleaned and chopped

Cook down and add the rest of the greens. Add

- ¼ cup water
- Pinch of brown sugar
- 1/8 teaspoon red pepper flakes, adjusted to taste

Serves 6.

