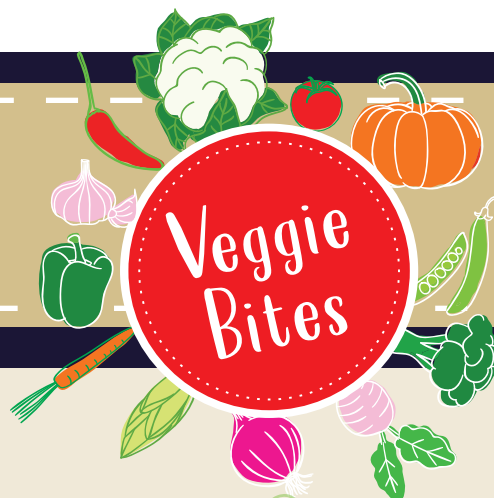


Turnip Greens

Verduras de Nabo



Try It!



Selection

When buying turnip greens they are usually available with their roots attached. Look for greens that are un-blemished, crisp, and deep green in color.

If you have purchased turnip greens with roots attached, remove them from the root. Store root and greens in separate plastic bags, removing as much of the air from the bags as possible. Place in refrigerator where the greens should be kept fresh for about 4 days.

Uses

Turnip greens are good sautéed with some soy sauce, lemon juice and cayenne pepper. They are also good served with cooked turnip greens with beans and rice. You can also use turnip greens in addition to spinach when making vegetarian lasagna.



SMOTHERED GREENS

Ingredients

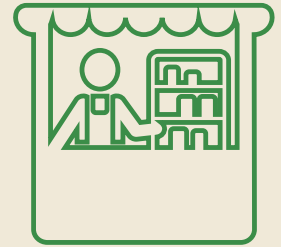
- 3 Cups Water
- 1/4 pound turkey breast, skinless
- 3 teaspoons hot pepper (chopped)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cloves (ground)
- 2 garlic cloves (crushed)
- 1 scallion stalk (chopped)
- 1/4 cup onion (chopped)
- 14 cups mustard greens, turnip greens, collard, kale (mixture)

Instructions

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20-30 minutes until tender.

History & Fun Facts

Turnips are an ancient vegetable that is thought to have been cultivated almost 4,000 years ago in the Near East. The Greeks and Romans thought highly of the turnip and developed several new varieties. Turnips were introduced into North America by the early European settlers and colonists. They grew well in the South and became a popular food.



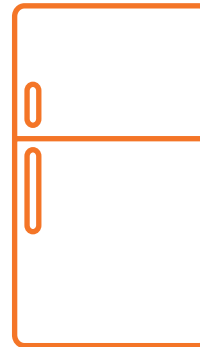
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Be sure and wash produce thoroughly under cool running water. Wash right before you use it.
- Refrigerate produce in a perforated plastic bag and away from fruits and meats.
- Produce is stored best in a clean refrigerator at a temperature of 40 degrees or below.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Good source of Vitamin E
- _____ Good source of Vitamin C
- _____ Good source of manganese
- _____ Good source of Beta-carotene



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>.
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