

Hakurei Turnips



Turnip greens are the leaves of the turnip plant, better known for its tasty root. Turnip leaves are smaller and tenderer than their cousin, collards. Their slightly bitter flavor is delicious. Turnip greens are an excellent source of many vitamins including vitamin K, vitamin A (in the form of beta-carotene), vitamin C, vitamin E, vitamin B6, folate, manganese, fiber, calcium, and copper. In addition, turnip greens are a very good source of potassium, magnesium, iron, and vitamin B2. They are also a good source of phosphorus, vitamin B1, vitamin B3, vitamin B5, omega-3 fatty acids, and protein.

Turnip & Turnip Greens Soup

Makes 4 to 6 servings

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients

2 bunches young turnips with greens removed

3 tablespoons butter or olive oil

1 bay leaf

Salt, to taste

1 onion, sliced thin

2 thyme sprigs

6 cups broth or water

Directions

1. Trim and discard the stems from the greens. Wash and drain the greens and cut them into ½-inch strips.
2. Trim the roots from the turnips and slice thin. If the skins are tough, peel the turnips first.
3. In a heavy pot over medium heat, melt butter or olive oil. Add onion and cook until soft, about 10-12 minutes.
4. Add the sliced turnips, bay leaf, thyme, and salt. Cook for 5 minutes or so, stirring occasionally.
5. Cover with broth, bring to a boil, then turn down to a simmer and cook for 10 minutes.
6. Add the turnip greens and cook for another 10 minutes or until the greens are tender. Taste for salt and add more as needed.