



## Signs of Spring

### Episode 4: Harvest of the Month (April)

In Episode 4, we learned about Hakurei turnips: how we harvest them at the Project GROWS farm, what they taste like, and how you can eat them or prepare them in your kitchen. Check out these facts, and then try the recipe on page 2!

## VIRGINIA TURNIPS

### ABOUT:

Turnips are a root vegetable and are part of the mustard family. They are related to brussels sprouts, cabbage, kale, and broccoli. They are in season from September to April and taste best when they are harvested young and small. Turnips have a crisp, white inner flesh that tastes zesty and slightly sweet. As turnips age, the flavor gets spicier. The leafy greens on the turnip plant are also edible.

### NUTRITION FACTS:

- Turnips are an excellent source of Vitamin C, which promotes a healthy immune system and helps the body fight infections
- The green leaves of the turnip are a good source of Vitamin A, which is important for eyesight
- Turnip greens also contain calcium, Vitamin K, folate, and B vitamins



### IT'S AS EASY AS...

- 1 Wash the root and the leaves. Remove the leaves.
- 2 Chop the turnip into bite-sized pieces.
- 3 Eat turnips raw with favorite dip or saute in a pan with oil and spices!

*Turnip greens are also edible! Cook greens in a pan with oil and spices to enjoy!*

# Recipe of the Week

## Turnip Stir-fry



### Ingredients

#### *For the stir-fry:*

- 1 bunch baby turnips with greens
- 1 bunch of scallions
- 2 tbsp olive oil
- 1/4 tsp powdered ginger
- 1 cup uncooked brown rice
- A few handfuls of cilantro
- 1 large clove of garlic, minced

#### *For the sauce:*

- 3 Tbsp Tamari
- 2 Tbsp water
- 1 Tbsp honey
- 1/2 Tbsp powdered ginger
- 1 Tbsp rice wine vinegar
- 2 tsp sesame oil
- 1/4 tsp crushed red pepper flakes

### Directions:

1. Cook brown rice according to specific directions.
2. Cut turnips and scallions into smaller chunks.
3. In a large skillet over medium-high heat, add oil. Stir in ginger and scallions and saute until fragrant. about 3 minutes. Add turnips and cook until turnips begin to soften and brown, about 8-12 minutes. Stir occasionally.
4. Mince the garlic and chop the turnip greens.
5. Once turnips are tender, throw in turnip greens and cook until greens begin to wilt. About 5 minutes.
6. Measure out sauce ingredients; combine and stir together.
7. Combine cooked turnips with rice, minced cilantro, and sauce.
8. Enjoy!

\*Recipe and photo from: <http://dishingupthedirt.com/recipes/sesame-ginger-turnips-turnip-greens-brown-rice/>