

## **Turnip Greens (Greens)**

**Interesting facts:** Turnip greens are dark-green leafy tops of turnip plant. The greens indeed hold more nutrition profile than the turnip tuber itself with respect to vitamins, minerals, and health benefiting anti-oxidants. In addition to containing 14% of the daily value of calcium, the high vitamin K content of turnip greens may enhance the absorption of calcium, and modify the bone matrix proteins for development of bones, decreasing the risk of osteoporosis.

**How to select:** Choose organic fresh looking, young tender deep green leaves. Generally, the top greens are tied in bunches and sold along with their small-taproot. In that case, look for small, healthy, firm turnip tubers.

**What to avoid:** Avoid yellow, sunken, wilted, or over-matured leaves as they are less appetizing and spoil early. As like any other greens, turnip tops too perish early and should be consumed as soon as its harvested.

**How to clean and store:** Sever the top greens from the root, using a knife an inch above the root top. If left intact, the greens deprive moisture and nutrients of the tuber. Store them inside the refrigerator set at high relative humidity of over 95% where they stay fresh for 2-3 days.

**How to Use:** Steam, Sauté

**Steam:** Steam turnip greens for maximum nutrition and flavor. Cut greens into 1/2-inch slices and let sit for at least 5 minutes to enhance its health-promoting benefits and steam for 5 minutes.

**Sauté:** In a large skillet over medium heat, add olive oil. When olive oil is glistening hot and fragrant, add garlic. Sauté 1-2 minute; Add turnip greens, toss frequently and sauté for 2-3 minutes or until wilted but still quite tender (not mushy). Season with salt and pepper.