

# 'Turning Up Turnips'



## What is Food Day?

Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food.

## What is Farm to School?

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools. Students gain access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

## Celebrating Food Day!

In 2013, Food Day was celebrated with over 4,700 events in all 50 states. To make this happen, Food Day partners with hundreds of national and local groups and thousands of individuals. With your involvement, we can make Food Day 2014 an even bigger success!

Your school can be involved at any level you choose—anything from sampling raw turnips in the classroom, serving turnips in the cafeteria, a Food Day celebration complete with music and turnip decorations! Turnips and 'turn up' in any classroom subject too: art, reading, science, math, even social studies.

## How can my school get involved?

Join schools who will be celebrating a food that grows well in Indiana: TURNIPS

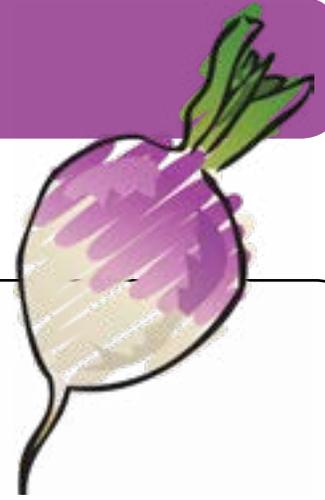
- Decide how you will promote Turning up Turnips in your school
- Determine where you will get your turnips (local farmer, whole sale distributor, school garden)
- Build partnerships with the Indiana Farm to School network, teachers, parents, school nutrition services, local farmers, hospitals or other health care groups.
- Make plans for planting turnips in a fall garden or containers

## Turning up Turnips!

This year, several Indiana schools will be celebrating Food Day 2014, including Batesville Community School Corporation, Bartholomew Consolidated School Corporation, St. Louis Catholic School and Seymour Community School Corporation. The students will watch turnips grow in their garden and then participate in taste tests to determine their favorite turnip recipes. On Food Day, the cafeteria will serve their favorite recipe using turnips grown in the school garden or by a local farmer.

The Indiana Farm to School Network, along with the Indiana Department of Education, is working on promoting food day in the month of October, featuring the incredible turnip. There are many different ways that schools can get involved with food day in October. See how your school can get involved by going to this weblink: <http://www.doe.in.gov/nutrition/farm-school>

# 'Turning Up Turnips'



## Underground Candy

Serves 50

### Ingredients

Raw carrot (diced)	2.75 C./1 lb. 2 oz.
Raw parsnip (diced)	4 C. 1.5 oz./2 lb.
Raw sweet potato (diced)	2 qt. 2.5 C./6 lb. 4 oz.
Raw turnip (diced)	4 C. 1.5 oz/2 lb.
Raw rutabaga (diced)	4 C. 1.5 oz./2lb. 8 oz
Olive oil	7 oz.
Salt & Pepper (each)	1 Tbsp 11/8 tsp.

### Preparation

Cut vegetables into 1/2 inch pieces. Toss with olive oil and season with salt and pepper. Spread in a single layer on a sheet pan and bake at 300 degrees for 20-30 minutes or until roasted and soft. May be served hot or cold. (Tastes sweeter when it is roasted and then refrigerated.) Serve 1/2 C. per serving.

## Roasted Turnips

Serves 10-12

### Ingredients

3 lbs. turnips peeled and cut into wedges  
Olive oil  
Salt free seasoning blend

### Preparation

Toss turnip pieces into olive oil. Turn onto baking sheets. Season well with seasoning blend. Roast at 425 degrees for 20-25 minutes or until tender like French fries. When tender; remove from oven and allow to cool slightly and serve warm.

*Note: Combine wedges of carrot and sweet potatoes with the turnips to make a 'root' fry medley. I also serve them with honey mustard and BBQ sauce.*

## Parmesan Garlic Mashed Turnips

Serves 20

### Ingredients

3 lb. turnips, peeled and diced into 1 inch cubes (8 C.)  
1 small potato  
1 T. salt  
1 tsp. onion powder  
4 cloves of garlic or garlic powder  
1 tsp. of black pepper  
2 T. butter  
1/2 C. milk  
1 C. shredded Parmesan

### Preparation

Use a vegetable peeler and remove the skins from the turnips, dice and place in a large pot. Add garlic cloves to the saucepan and cook with the potato and turnips.

Cover the turnips with cool water and place on the stove. Add the salt and bring to a boil. Reduce heat to medium and cover. Cook for about 15 minutes or until turnips are tender when pierced with a fork.

Add the milk and stir to combine. This will serve as the cream in the mash. Let the milk simmer, stirring often.

When the turnips are finished cooking, drain and remove potato. Pour turnips back into pot and mash with potato masher. Stir in the milk a little at a time, then add butter. You may not need all of the milk. Gently stir and add in the Parmesan. Serve warm.

## Savory Oven-Roasted Turnips

Serves 6-8

### Ingredients

3 lbs. turnips, peeled, quartered and thinly sliced  
1 small yellow sweet onion, thinly sliced  
2-4 garlic cloves, minced  
2 t. dried basil  
2 t. dried thyme  
2 t. dried parsley  
1 t. dried oregano  
1 t. dried rosemary  
1/2 t. red pepper flakes  
Kosher salt and pepper

### Preparation

In a high-sided 13x9 in pan (I use an old metal one because I find it gives me the best caramelization on the turnips/onions), combine turnips, onions, and garlic. Spray generously with cooking spray and toss. You could also use olive oil.

Add all seasonings. I usually start with about 2 tsp of salt and 1/2 tsp of black pepper and then taste them each time I stir and adjust those seasonings to taste, but I am a salt-fiend : ). Bake for 15 minutes, then remove from oven and stir to allow the veggies to cook evenly. (I taste for seasoning at this point.) Return to oven and bake another 15 minutes. Remove and stir again. Depending on how you like your turnips and how thick you sliced them, they may be done at this point. I like mine pretty well done and with some nice caramelization so I return them to the oven and bake an additional 10-15 minutes.