



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Turnip/Rutabaga

**In season:**



**Spring, Fall  
and Winter  
Preserve it  
to enjoy year  
round!**

## Pressure Canner

### 1. Prep

- Fill canner with 2-3 inches warm water
- Wash, remove tops, peel and cut into cubes or slices
- Cover with water and boil for 5 minutes

### 2. Pack

- Fill jars with hot turnips and cooking liquid
- Leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

### 3. Processing

Fill canner and process

- » Pint: 30 minutes
- » Quart: 35 minutes
- » Altitudes above 1,000 feet require adjustments in PSI

Feet Above Sea Level	Pounds of Pressure	
	Weighted-Gauge	Dial-Gauge
0-1,000	10	11
1,001-2,000	15	11
2,001-4,000	15	12
4,001-6,000	15	13
6,001-8,000	15	14
8,001-10,000	15	15

## Freezing

### Process: Water Blanch

- Select firm, small/medium turnips
- Wash and peel
- Cut into 1/2 inch cubes
- Place in water and boil for 3 minutes
- Cool in cold water
- Drain
- Pack, leaving 1/2 inch headspace
- Seal and freeze

## Drying

### Process: Electric Dehydrator

- Wash
- Remove tops, peel and cut into 1/4-1/2 inch thick pieces
- Blanch for 3-5 minutes
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
- Dry 10-12 hours
  - » Dried turnips work well in soups



## Sips/Tricks:

**14 pounds of turnips is needed for 7 quarts**

*Source: National Center for Home Food Preservation*

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: [extension.sdstate.edu/food/preservation](https://extension.sdstate.edu/food/preservation)

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