



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Turnip/Rutabaga

Dakota: ti-psin-na

Lakota: thínpsinȝla skáska



Pick it!

Heavy for their
size, no soft
spots or cracks.

Try it!

Boil, steam,
sauté or roast;
pre-cook before
adding to soups
and stews.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Dakota word translated by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Turnip/Rutabaga

In season:



Spring, Fall
and Winter

Dakota: ti-psin-na

Lakota: thínpsinla skáska

Pick it!

Heavy for their size, no soft spots or cracks.

Small and medium-sized turnips are sweeter.

Refrigerate for up to 3 weeks in a plastic bag.

Before using, peel the waxy outer covering from the sliced rutabaga with a paring knife.



Try it!

Turnip greens can be removed and used like kale or mustard greens.

Cut roots into wedges and peel.

Boil, steam, sauté or roast; pre-cook before adding to soups and stews to avoid overpowering the dish.

Can also be cooked and mashed with butter and a bit of honey or brown sugar.



Turnip and Rutabaga Differences

Turnip: White and purple skin with a white flesh; baby turnips can be harvested early and eaten raw.

Rutabaga: Yellow to brown skin with creamy orange flesh; larger, denser and sweeter than turnips.



Did you know...

Vitamin C is an antioxidant that protects against cell damage, forms collagen and boost the immune system. Most fruits and vegetables are good sources of vitamin C.

Like it!

Roasted Root Vegetables

Ingredients

- 4 medium root vegetables (use a variety of potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 carrots; chopped
- 1 onion; chopped
- 3 Tablespoons olive oil
- 3 Tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Yields 4 servings

Nutrition Facts per Serving:
Calories 240; Fat 12g; Cholesterol 5mg; Sodium 200mg;
Carbohydrate 30g; Fiber 9g; Sugars 19g; Protein 5g

Honey Glazed Turnips

Ingredients

- 3 medium turnips, about 1 ½ pounds; peeled, and sliced or diced
- 2 Tablespoons honey
- 2 Tablespoons canola oil
- ¼ cup water
- Salt (¼ teaspoon, to taste)
- Pepper (¼ teaspoon, to taste)

Directions

1. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
2. Add turnips, salt and pepper, cover and bring to a boil.
3. Reduce to simmer and cook for about 10 minutes.
4. Uncover and continue to cook until turnips are golden and glazed, about 10 more minutes.

Yields 4 servings

Nutrition Facts per Serving:
Calories 118; Fat 7g; Cholesterol 0mg; Sodium 62mg;
Carbohydrate 15g; Fiber 2g; Sugars 12g; Protein 1g

Dakota Perspective (Wild Prairie Turnips)

Dakota: ti-psin-na

Dakota Name: ti-psin-na, they were collected from the earth when the cottonwood tree lets go of her seeds. When dried correctly these will last hundreds of years. When collected, always put plant back into the earth, it will stay alive until the seeds are ready to drop ensuring next year's harvest.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
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- Heavy, no soft spots or cracks.
- Small and medium-sized turnips are sweeter.
- Rutabagas have a waxy outer covering. Use a paring knife to peel this covering off before using.
- Refrigerate for up to 3 weeks in a plastic bag.
- Turnip greens can be removed and used like kale or mustard greens.
- Cut roots into wedges and peel.
- Boil, steam, sauté or roast; pre-cook before adding to soups and stews to avoid overpowering the dish.
- Can also be cooked and mashed with butter and a bit of honey or brown sugar.

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Roasted Root Vegetables

Ingredients

- 4 medium root vegetables (use a variety of potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 carrots; chopped
- 1 onion; chopped
- 3 Tablespoons olive oil
- 3 Tablespoons Parmesan Cheese

Directions

1. Preheat oven to 350 degrees F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 323; Total Fat 15g, Saturated Fat 2g; Cholesterol 3mg; Sodium 87mg; Carbohydrates 43g, Dietary Fiber 6g, Total Sugars 4g, Added Sugars included 0g; Protein 6g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-root-vegetables

Honey Glazed Turnips

Ingredients

- 3 medium turnips, about 1 ½ pounds; peeled, and sliced or diced
- 2 Tablespoons honey
- 2 Tablespoons canola oil
- ¼ cup water
- Salt (¼ teaspoon, to taste)
- Pepper (¼ teaspoon, to taste)

Directions

1. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
2. Add turnips, salt and pepper, cover and bring to a boil.
3. Reduce to simmer and cook for about 10 minutes.
4. Uncover and continue to cook until turnips are golden and glazed, about 10 more minutes.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 118; Total Fat 7g, Saturated Fat 1g; Cholesterol 0mg; Sodium 62mg; Carbohydrates 15g, Dietary Fiber 2g, Total Sugars 12g, Added Sugars included 8g; Protein 1g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-glazed-turnips

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Lakota word translated by Jeshua Estes.



**SOUTH DAKOTA STATE
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Turnip/Rutabaga



Dakota: *ti-psin-na*

Lakota: *thínpsinla skáska*

Sampling Display Instructions

Roasted Root Vegetables

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Root vegetables (potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes)	3 large (3 cups)	4 large (4 cups)	6 large (6 cups)
Carrots, chopped	2 large (1 ½ cups)	3 large (2 ½ cups)	4 large (3 ½ cups)
Onion, chopped	1 small (1 cup)	1 large (1 ½ cups)	2 small (2 cups)
Olive or canola oil	2 ½ Tablespoons	3 ½ Tablespoons	5 Tablespoons
Parmesan cheese	2 ½ Tablespoons	3 ½ Tablespoons	5 Tablespoons

Directions:

1. Preheat oven to 350 degrees F.
2. Cut root vegetables and carrots into large chunks. Place all vegetables in a medium bowl and pour oil over top. Add Parmesan cheese, or seasonings (if desired) and mix well.
3. Spread an even layer on a baking sheet or two, if making the larger sample size.
4. Bake for about 50-60 minutes, or until tender.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=rv7X-F8gsWb0



Notes:

- Prepare Roasted Root Vegetables. Transport to the store in a slow cooker set on warm.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time.
- Post the Allergy Alert sign.
- Ask parent's permission before giving children a sample.
- Ask them if they use turnips or rutabagas often in their meals. Ask if they could use this recipe.
- Remind them that this can be served as a side to meat, fish or chicken.
- Dakota word translated by a member of Hunkapti Dakota. Lakota words translated by Jeshua Estes.

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Sampling Display Instructions

Honey Glazed Turnips

Ingredients	24 Samples	32 Samples	48 Samples
Sample: 2 Tablespoons per serving			
Turnips	12 ounces	1 pound	1 ½ pounds
Canola oil	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Honey	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Water	¼ cup	⅓ cup	½ cup
Salt	⅛ teaspoon, to taste	¼ teaspoon, to taste	¼ teaspoon, to taste
Pepper	⅛ teaspoon, to taste	¼ teaspoon, to taste	¼ teaspoon, to taste

Directions:

1. Peel and dice or slice turnips, ½ inch pieces.
2. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
3. Add turnips, salt and pepper, cover and bring to a boil. Reduce to simmer and cook for about 10 minutes.
4. Uncover and continue to cook until turnips are golden and glazed, about 10 more minutes.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
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- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



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