



Carrboro
FARMERS' MARKET
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Recipe of the Week featuring **Turnips**
March 18, 2006

Mashed Turnips
from Market staff member, Sheila Neal

The three main things about this recipe are it's easy, quick, and yummy. What else do you need from a recipe? Mashed turnips are lighter than mashed potatoes and I think more savory. Try this dish once, and it won't be your last. Serve it with roasted chicken, braised beef, or part of a veggie plate. You can use the medium sized turnips or the smaller kind often called Japanese turnips. But this is my advice: eat the Japanese ones raw, skin on, with a little salt and mash the larger sized ones.

Ingredients:

2 pounds turnips, peeled and cut into 1" cubes (you don't have to be precise here. Just make sure they are all even sized.)

Salt

4 Tablespoons butter

(That's it, really.)

Procedure:

1. Put a pot of water on to boil - about a gallon of water.
2. When the water begins to boil, salt it with 3 Tablespoons salt or salt it until the water tastes just salty.
3. Add the turnips and boil about 25 minutes and/or until tender. Drain.
4. Put the pot back onto the burner and add the turnips. Let the turnips dry out a little bit. While they dry out, you can begin to mash them.
5. Once the turnips dry out but not completely, add the butter. Taste. Need more salt, butter? Add it.

Serves 4

continued on back

We are glad to be back at Market and we hope you are too. Be sure to check out the article in the March issue of Audubon Magazine about Farmers' Markets (there's a copy at the Information Booth.)

In addition, take a look at the side bar titled "Cream of the Crop." You will find our Market listed as one of the top 10 Markets in the country. We couldn't have achieved this honor without your support. Thank you.

Tune In, Turn On, But Don't Drop Out
The Farmers' Market Review

on 103.5 WCOM, Carrboro's community station, every Wednesday morning at 9:00. You can also listen online at communityradio.coop. This is our weekly radio show about farmers, markets, the agricultural community, and our community.

Carrboro Farmers' Market · Saturdays 7 – Noon until Dec. 23
Carrboro Farmers' Market on Wednesdays opening April 12-Oct. 18, 3:30 – 6:30 PM
Southern Village Farmers' Market opening May 4 – Aug. 31, 4 - 7 PM

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