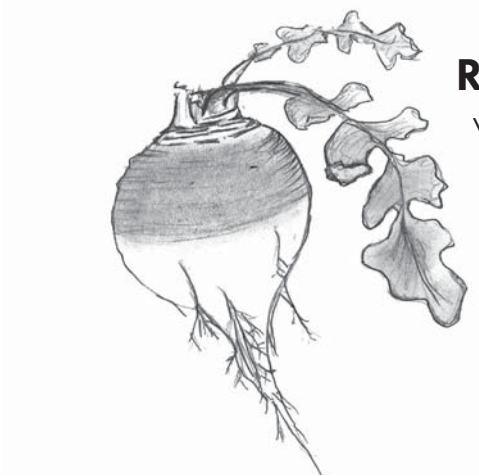


RUTABAGA



RUTABAGA is part of the Brassica family, which includes turnips, cabbage, and kale. The rutabaga is of European and Siberian origin and was introduced to this country in the early 19th century. Select a rutabaga that is firm and heavy for its size. Rutabaga is available in the Northeast in the fall and early winter.

STORAGE

- ◆ Rutabaga will keep for up to **a month** in the refrigerator drawer.

PREPARATION

- ◆ Rutabaga must be scrubbed well and can be eaten **with or without the peel** (unpeeled rutabagas are more nutritious).
- ◆ Slice **raw** rutabaga and add to salads or vegetable platters.
- ◆ Rutabaga can be **steamed** (30-35 minutes for 1 inch chunks), **boiled** (20-25 minutes for 1 inch chunks), **baked** (40-50 minutes at 400 F), **sautéed, stir-fried, or mashed** (try combining with potatoes).
- ◆ If your rutabaga come with **nice looking leaves** you can eat these too. Prepare them like collards, turnip, or other cooking greens.

Nutritional Information

Rutabagas are high in Vitamin C. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption.

Rutabaga Recipes

Root Roast

White potatoes, rutabagas, sweet potatoes, and/or beets
Canola oil
Chili powder
Salt and pepper
Garlic cloves, chopped

Preheat oven to 375 degrees.

Use whatever amount of each root vegetable that you want or have. Cut the vegetables into strips like French fries. Put them in a bowl and toss with enough canola oil to coat them lightly. Sprinkle them with chili powder, garlic and salt and pepper to taste. Toss to combine. Spread vegetables on a baking sheet and bake at 375 degrees until tender. Serve with vinegar or ketchup.

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Oriental-Style Rutabaga and Carrot Slaw

3 cups grated rutabaga
3 cups grated carrots
3 green onions, chopped
Dressing:
2 Tablespoons lemon juice
2 Tablespoons rice vinegar
2 Tablespoons sugar
2 teaspoons soy sauce
1/4 teaspoon hot oriental chili paste (optional)
2 tablespoons vegetable oil
1 teaspoon sesame oil

Salt and pepper to taste
1/2 cup sunflower seeds or chopped nuts

In a large bowl, whisk all of dressing ingredients together. Add rutabaga, carrot and green onion to bowl with dressing toss to combine. Season with salt and pepper. Sprinkle with seeds or nuts and serve.

Recipe adapted from [B.C. Vegetable Marketing Commission](#), Delta, Canada



Peppery Rutabaga Treat

2 teaspoons butter
2 Tablespoons honey
1 pound rutabaga, peeled and finely diced (1/4 inch cubes)
1/4 to 1/2 teaspoon freshly ground pepper
2 Tablespoons minced fresh parsley
Salt to taste

In a medium saucepan, over medium heat, melt butter. Add honey, the rutabaga and pepper. Cook covered until rutabaga is tender and lightly browned (about 10 minutes). Sprinkle with parsley and salt and serve.

Recipe adapted from [Jane Brody's Good Food Book](#) found in WildFlight Organic Farm Newsletter, 1999.

