

Rutabaga



Selecting

Rutabagas are a cross between a turnip and a cabbage. They are tan or yellow with a purple tinge. Choose ones that are firm and heavy for their size and free of soft spots or cracks. Smaller size ones (about 4" in diameter) are usually sweeter in taste.

Storing

Rutabaga is best stored in a cool dry dark place. It can be stored in a root cellar or your refrigerator. It can last up to a couple of months.

Preparing

To prepare a rutabaga, trim off the top and bottom prior to peeling. You can microwave the rutabaga for one to two minutes or cut into quarters to make it easier to peel. Use a sharp paring knife rather than a peeler to remove the waxy coating.

Rutabagas can be eaten raw or cooked. Smaller rutabagas are better for eating raw. Rutabagas are also excellent roasted, baked or boiled. You can substitute a rutabaga for any turnip recipe.

Seasonality

Rutabagas are available all year round.

Nutrition

Rutabagas are an excellent source of Vitamin C and a good source of potassium and magnesium.



Here is a delicious recipe for rutabaga

www.halfyourplate.ca/recipe/roasted-rutabaga-with-lemon-tahini-dressing/

