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## Food Safety and Storage

- Wash hands before and after handling fresh produce.
- Wash turnips under cool running water. Do not use soap. Using a vegetable brush and running water, remove all soil from turnips.
- Turnips can be stored two weeks in refrigerator or 8 to 10 months in freezer.
- Keep turnips away from raw meat and meat juices to prevent cross-contamination.
- For best quality and nutritional value, preserve no more than your family can consume in 12 months.

## Yield

3 - 4 medium, = 1 pound	2½ - 3 cups Cooked and mashed
Turnip greens, = 1 pound	6 - 7 cups raw leaves 1 cup cooked leaves

Recommended process time (**in minutes**) for turnips in a dial-gauge pressure canner.

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	30 min	11 lb	12 lb	13 lb	14 lb
	Quarts	35 min	11 lb	12 lb	13 lb	14 lb

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# Using, Storing and Preserving Turnips



## How to Preserve

### Canning

Pressure canning is the *only* safe method of canning turnips. Turnips *must* be pressure canned to avoid the potential of the foodborne illness botulism.

Turnips may be canned but usually discolor and develop strong flavor when canned.

**Hot pack method:** Wash turnips, scrubbing well. Peel, slice or dice. Place turnips in a saucepan, cover with boiling water and boil 5 minutes. Pack hot pieces into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to pints, 1 teaspoon to quarts, if desired. Fill jar to 1 inch from top with boiling hot cooking liquid. Remove air bubbles, adjust headspace if needed, wipe jar rims with clean paper towel, adjust lids and process following these directions:

# Using, Storing and Preserving Turnips

Recommended process time (**in minutes**) for turnips in a weighted-gauge pressure canner.

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of	
			0-1,000 ft	Above 1,000 ft
Hot	Pints	30 min	10 lb	15 lb
	Quarts	35 min	10 lb	15 lb

Let jars stand undisturbed for 12 to 24 hours, remove rings, wash jars, label, date and store. Food in jars that did not seal must be reprocessed within 24 hours in a clean jar with a new lid, refrigerated or frozen.

## Freezing

Select small to medium, firm turnips that are tender and have a mild flavor. Wash, peel and cut into  $\frac{1}{2}$ -inch cubes. Water blanch\* for 3 minutes. Cool promptly in ice water for 3 minutes and drain. Pack into freezer containers, leaving  $\frac{1}{2}$ -inch headspace. Seal, label, date and freeze.

**\*Water blanching:** Use 1 gallon of water per pound of prepared turnips. Put turnips in blanching basket or colander and lower into boiling water. Place lid on pan or blancher. Return water to boil and start counting blanching time as soon as water returns to a boil. If it takes longer than a minute to come back to a boil, too many turnips have been put in the boiling water.

## References

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