

## Mashed Parsnips and Scallions

1 pound parsnips, peeled and cut into 2-inch lengths  
8 ounces potatoes, peeled and sliced 1 inch thick  
Salt

1 bunch green onions, trimmed, cleaned and sliced thin

1/2 cup milk

4 tablespoons butter

1 teaspoon grated lemon zest

black pepper

Directions: Place the parsnips and potatoes in a 3- to 4-quart saucepan. Pour in enough cold water to cover by three inches. Add plenty of salt and bring to a boil over high heat. Cook until tender, about 15 minutes. Add the scallions and cook 3 minutes. Meanwhile, heat the milk and butter over low heat until the butter is melted. Drain the vegetables thoroughly and return them to the empty pot. Mash the vegetables with a potato masher, gradually adding the milk mixture, to a smooth texture. Add the lemon zest and season to taste with salt and pepper. Serve immediately. serves 4  
<http://www.mariquita.com/recipes/parsnips.html>

## Parsnip Cake

Add up to 3 cups raw grated parsnip to your favorite cake mix. Bake and enjoy the extra nutrition. Concept adapted from: Marian Morash's VICTORY GARDEN COOKBOOK

## Ginger Parsnip & Celery Soup

adapted from *Bon Appetit 2/2001*

Julia's note, to make this a lighter, weeknight affair I would use olive oil instead of butter and milk instead of half and half..... I've done just this and it's still delicious, if not decadant.

2 Tablespoons butter

2 cups chopped onions

1/2 cup chopped celery

2 tablespoons minced peeled fresh ginger

1/8 teaspoon cayenne pepper

3 cups chicken broth

3 cups parsnips, peeled and coarsely chopped (about one pound)

1 cup half and half

Melt butter in heavy large pot over medium heat. Add next 4 ingredients and saute until vegetables

are tender, about 5 minutes. Stir in broth and parsnips; bring to boil. Reduce heat to medium-low and simmer until parsnips are tender, about 20 minutes. Cool slightly. Puree soup (immersible blender or a traditional blender or food processor). Strain into another large pot; discard solids in strainer. (I would skip this step.) Whisk in half and half. Season with salt and pepper.

## Easy Buttered Parsnips

from *Vegetarian Cooking for Everyone* by Deborah Madison

parsnips, peeled

2 Tbs butter

Salt and freshly milled pepper

Chopped parsley or tarragon

Cut the parsnips into pieces of equal length, then halve or quarter the thicker ends so they'll be approximately the same thickness as the rest. Steam or boil in salted water until tender-firm, 7 to 10 minutes, checking after 5 minutes. Drain and toss well with the butter, season with salt and pepper to taste, and toss with chopped parsley.

## Turnip Greens & Shitake Mushroom Meal

3 Tablespoons Olive Oil

3 Garlic cloves, minced

1 cup shitake mushrooms, sliced

1 Tablespoon Red Raspberry vinegar (I would use cider vinegar if no raspberry is available...)

1 large red onion, sliced

1 can black beans

2 Tablespoons soy sauce

1 large potato, cubed (I would substitute a couple of the turnips...)

cleaned greens from one bunch of turnips.

Put all ingredients in a large pot, in the order listed.

Bring mixture to boiling point, stir, lower heat to simmer, cover and cook for 15 or 20 minutes, or until potato is tender. Serve with a chilled fruit and yogurt accompaniment.

## Turnip Tips

adapted from "From Asparagus to Zucchini"

\*Eat turnips raw. Slice or thickly julienne and add to vegetable platter or eat alone with or without dip.

\*Grate raw into salads.

\*Bake turnips alone for 30-45 minutes at 350

degrees, basted with oil, or bake along with other seasonal roots.

\*Cook turnips with roasting meats.

\*Mash or scallop turnips, just like you would potatoes.

\* Dice turnips into soups or stews, and julienne into stir fries.

## The following are some musings on COLLARDS from Thompson's The Kitchen Garden Cookbook:

The flavor of collards' large smooth dark green leaves is more mustardy than cabbage and less mustardy than turnip greens. It's very pleasant, and can even be sweet. To prepare collards, bring a big pot of salted water with a glug of vinegar in it to a boil. Meanwhile, stack the collards and cut off their stems. Cook the stems separately: Chop the stems and turn them into a saucepan with a splash of vinegar. Cover with cold water, sprinkle with salt, and simmer, loosely covered, until tender - about a quarter more time than it will take to cook the greens. Add water if needed. Collards are major players on the nutritional field, high on the list of vegetables thought to be cancer fighters. Add ribbons of tender leaves to salad.

## IDEAS FOR COLLARD (and other) GREENS

- Dressing for cooked greens: warmed walnut oil red wine vinegar, and chopped toasted walnuts (from Belk's "Around the Southern Table")
- Another method for serving leftover collards: Heat in a skillet with roasted peanuts and crushed red peppers. Brown diced ham in the skilled first, then add the greens, peanuts, and peppers, and serve over rice.
- Main dish salad idea: Mix drained cooked beans with cooked collards and dress with oil and vinegar.
- Simple Collards: Cook 3 cups (1/2 pound) collard leaves. Dress with 2 Tablespoons extra-virgin olive oil, 2 teaspoons rice vinegar, and 2 minced garlic cloves. Season with salt and cayenne or black pepper. Serve with rice and corn bread.