



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

ROSEMARY-BRAISED TURNIPS & CARROTS WITH TURNIP GREENS

Recipe by Natural Gourmet Institute

YIELD: 8 SERVINGS

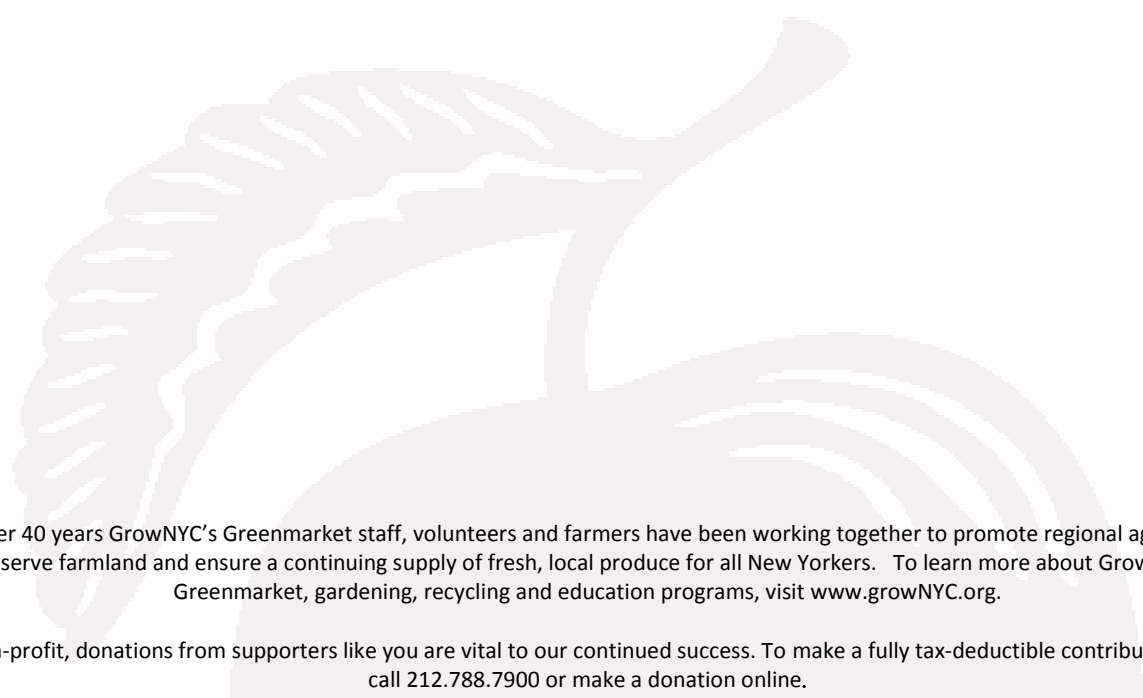
Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 bunch turnips*, bulb cut into $\frac{3}{4}$ -inch dice and greens chopped
- 1 pound carrots*, peeled and cut into $\frac{3}{4}$ -inch dice
- 2 cloves garlic*, minced
- 2 sprigs fresh rosemary*
- $\frac{1}{2}$ -1 cup vegetable stock or water
- $\frac{1}{4}$ teaspoon sea salt

Procedure:

1. In a large pot, heat oil and add turnips and carrots. Let them become a bit browned on the bottom before gently stirring. Once evenly browned, stir in garlic.
2. Add rosemary and enough vegetable stock to cover the vegetables halfway up. Cook partially covered for about 8 minutes, until tender.
3. Stir in greens and salt. Cook uncovered until wilted, about 4 minutes.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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