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Give turnips a try

Some vegetables you either love or hate. Everybody loves beans, corn and carrots but what about parsnips, turnips, kohlrabis, rutabagas and eggplants?

These poor vegetables have been referred to as "only fit for the peasants."

No matter how they have been maligned, they are packed with good-for-you nutrition.

They add color, flavor and variety to meals besides vitamins, minerals and few calories, and are fat free unless you add butter or a heavy sauce.

PARSNIPS ARE a vegetable that has no middle ground. Either you like them or you don't.

Parsnips are a carrot-shaped, white-fleshed root vegetable. To bring out the best flavor, store them for several weeks in the refrigerator before eating. When stored at cold temperatures they become sweeter.

Parsnips can be substituted for carrots although they do look like a dingy carrot. Choose parsnips that are small or medium width, well formed, smooth, firm and free from blemishes.

They are excellent in side dishes but probably most popular in soups or stews. Try not to overcook them, as they become mushy.

Parsnips contain a lot of potassium, some protein, iron and calcium and are only about 100 calories per cup.

TURNIPS BRING up visions of "greens" but not necessarily the rest of the root vegetable.

The greens are rich in vitamins A and C and calcium, contain iron and protein and are only 29 calories a cup of cooked greens.

Turnip greens need to be refrigerated and used within one to two days after purchase. The root can be eaten raw as well as cooked.

When eaten raw, they are crunchy and have a bitter-sweet flavor a little like a radish. Raw turnip slices or strips provide a nice addition to salad trays, or turnips may be shredded for an unusual slaw.

Choose small, firm, smooth turnip roots free of cracks and scars with

fresh green leaves. Avoid large turnips that look fibrous. Store turnips in a plastic bag in the refrigerator crisper.

Cooked turnips make an elegant side dish to serve instead of potatoes, or they enhance the flavor of soup or stews by adding cubes or slices.

A cup of cooked turnips contains about 36 calories and is high in potassium.

KOHLRABI IS sometimes known as a "cabbage turnip" because it resembles a turnip but tastes like cabbage.

Kohlrabi is a plump, light green or lavender, many-stemmed vegetable that resembles a bulb but grows above ground. When cooked it has a sweet taste and can be substituted for turnips.

To eat raw, peel and shred bulb into a slaw. The cooked vegetable can be served sautéed, mashed or in a stew.

Choose small bulbs, as the larger ones tend to be woody. They can be stored in the refrigerator for several days or longer in a cool cellar.

Kohlrabi is rich in potassium and vitamin C and contains some protein. There are about 40 calories per cup of cooked vegetables.

RUTABAGA IS a cousin to the turnip and sometimes called a "yellow turnip." A turnip has white flesh and a purple top, where rutabaga is yellow-fleshed.

Choose rutabaga that is smooth, uncracked heavy root with no skin punctures or cuts. Since rutabaga is generally waxed to keep a longer time, peel it before cooking.

Rutabagas are good sources of potassium, vitamin A, niacin and iron and only have 60 calories per cup cooked.

They are delicious in soup and stews as well as steamed for a side dish. Turnips and rutabaga are interchangeable in recipes but tend to have stronger flavor than a turnip.

EGGPLANT IS the unappreciated relative of the potato. Instead of cooking the eggplant, many people simply use it as a centerpiece because of its shape and beautiful color.

Bring bean salad on a picnic

When you need a break and blue skies and warm sunshine beckon, one of the more pleasurable ways to relax and while away the hours is to have a picnic.

Instead of packing sandwiches and the like, opt for a change of pace with a nutritious main dish salad. The salad featured here contains all the necessary ingredients for satisfying summer fare, as well as providing protein, minerals and vitamins. Dessert could be wedges of melon or any other fresh fruit.

TWO-BEAN GARDEN SALAD Makes 6 Servings

Dressing
1/2 cup olive oil
2 tablespoons lemon juice
2 tablespoons wine vinegar
1 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon instant minced garlic
1/4 teaspoon dry mustard
1/4 teaspoon sugar
Dash freshly ground pepper

Salad
One 18-ounce can kidney beans or small white beans
One 19-ounce can garbanzo (chick-peas) beans
4 green onions with 6-inch tops, sliced
1/2 cup chopped celery
1/4 cup finely chopped red or green pepper
2 tablespoons coarsely chopped parsley
One 6 1/4-ounce can tuna, drained
Salad greens

Place dressing ingredients in jar with tight lid; shake well. Allow to stand 30 minutes for flavors to blend. Shake again when ready to use.

Drain beans. Rinse with cold running water; drain well. Com-



This two-bean salad with tuna could be accompanied by fresh fruit and iced tea.

bine with onions, celery and pepper. Add dressing and toss thoroughly. Cover and chill. When

ready to serve, stir well and spoon into salad bowl lined with greens. Flake tuna and mound in

center. If desired, garnish with tomato wedges, onion slices, parsley sprigs or olives.

cooking calendar

• NUTRITION INFORMATION

The Food Marketing Institute, the American Academy of Pediatrics and the American Dietetic Association recently launched a nationwide

nutrition campaign aimed at encouraging families with children ages two to six to make better food choices. Four free booklets offer information concerning reducing fat and cholesterol, avoiding arguments

about food and healthy food choices. To obtain free copies of the brochures, you must include the brochure code in the address where indicated. The codes are Good Nutrition, Healthy Foods, Food Hassles and

Cholesterol. Send a self-addressed, stamped, business-size envelope to the American Academy of Pediatrics, Department C (Brochure Code), P. O. Box 927, Elk Grove Village, IL 60009.

DON'T MISS ONE OF MICHIGAN'S TOP RACES RIGHT IN YOUR OWN BACKYARD! SOMETHING FOR EVERYONE!

Refreshments • Dancing • Entertainment
COME JOIN THE FUN!

THE RACE! THE PARTY!

COURSE: T.A.C. Certified, Flat, 10.5 miles. Accurate. Start at Veterans Park, Livonia. Three aid stations and splits at each mile for 8 km race.

FACILITIES: Due to remodeling at the "Y," showers may not be available this year. An outdoor community shower will be set up. Bring a towel.

POST-RACE PARTY: Fun for everyone after the race with free hot dogs, pop, beer, and fruit. Entertainment includes bagpipers, and live music. The "Classic" will be the Detroit area's Top DJ's. The "Classic Graffiti Wall" is back! Bring your own marker.

RESULTS: Computer scored by RCS, will be posted and printed in The Observer & Eccentric Newspapers.

THE ROADRUNNER CLASSIC

Saturday, July 20, 1991

5:30 p.m.—Junior 1 Mile Run

6:00 p.m.—1 Mile Walk/Run

6:30 p.m.—8 km Race

Registration and Award Ceremony at Livonia Family YMCA, Stark Road (just west of Farmington Road) at Schoolcraft. Limited parking at the "Y." Additional parking at Frost Junior High.

THE AWARDS!

AWARDS: All entrants receive another great custom-designed multi-color t-shirt. Please register early to reserve your shirt. We cannot guarantee shirts on race day to late registrants.

CLASSIC JUNIOR 1 MILE RUN: Ages 12 and under only. Unique awards to the top three in each age group. Special awards to top male and female, open and masters finishers.

ONE MILE FUN WALK/RUN: Ribbons to the top three in each age group. Special awards to top male and female, open and masters finishers.

CLASSIC 8 km RACE: Unique awards to the top three in each age group. Special awards to top male and female, open and masters finishers.

REGISTRATION INFORMATION

Please fill in the form below. Print clearly or type. Make checks payable to Redford Road Runners. Take this form to:

RUNNING FIT
In Novi Town Center
or late register after 4 p.m. on race day

- ☐ \$13 for each additional adult family member over age 12
☐ 8 km Late Entry Fee (after July 13, 1991) \$20
☐ 1 Mile Fun Walk/Run & Party People \$11
☐ 12-years-old and under (all events) \$8

CHECK THE RACE YOU ENTERING

Co-Race Directors: Dan Domagalski and Larry Huff

For information call Running Fit—347-4949

Please Print

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ DATE OF BIRTH: _____

AGE 0-14 ☐ 15-19 ☐ 20-24 ☐ 25-29 ☐ 30-34 ☐ 35-39 ☐ 40-44 ☐ 45-49 ☐ 50-59 ☐ 60+ ☐

SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ MALE ☐ FEMALE

WHEELER ☐ 1A ☐ OPEN ☐ QUAD OPEN ☐ PARA OPEN ☐

PLEASE CHECK THIS BOX IF YOU WILL QUALIFY FOR A TRIPLE CROWN COMPLETION AWARD ☐

WAVEB is in consideration of acceptance of my entry, the myself, my co-directors, administrators, and assignees do hereby release and discharge Redford Road Runners, its members, the city of Livonia, The Athletic Congress, all sponsors, supporters, and event spectators of the Redford Classic for all claims of damages, demands, actions whatsoever in any manner arising from my participation in said event. I attest and verify that I have full knowledge of the risks involved in this event. I am physically fit, and have my personal physician's approval. Further, I hereby grant full permission to any and all of the foregoing to use my photograph, videotape, film, motion picture or record of my participation in this event.

Signature—Runners and Non-runners must sign _____ Parent's signature if under 18 _____

FOR OFFICIAL USE: _____ \$ _____ Amount paid _____ Race Number _____

Date received _____

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