

# Sweet as Swede!

Often overlooked and considered boring, this understated vegetable is delicious, nutritious and highly versatile. Swedes are in the same family as turnips and the two are often confused... Here's the difference: swedes are pale yellow with a purple tinge; whilst turnips are smaller, have a slightly stronger flavour and are yellow or white with a purple tinge. Swedes are a great source of fibre, vitamin C and carotenoids, so start adding them to your shopping list today!

## Growing

- ☞ Swede grows well in cool moist climates and is tolerant to frost – making it a great vegetable to grow in Tasmania alongside kale and turnip!
- ☞ Swede seeds can be sown in late summer into nitrogen rich, well drained and aerated soil.
- ☞ Harvest swedes in late autumn/winter (now!) while they are young and tender, otherwise they will turn woody!

## Choosing/Storage

- ☞ Choose swedes that are small, young, firm and heavy for their size, preferably with fresh green tops.
- ☞ Swedes can be stored for up to 10 weeks in the crisper of the fridge.

## Use

Swedes are so versatile you can add it in to nearly every dish! Here are some great ways that it can be used:

- ☞ Use in mash with potato and sweet potato
- ☞ Roast with celeriac and thyme
- ☞ Grate fresh to use in salads
- ☞ Parboil cubes then stir-fry with garlic and ginger until golden
- ☞ Add to stews, soups and curries with other root vegies



### Simple Swede Stew

- 750g fresh swede, cubed
- 2 cups chicken or vegetable stock
- 2 Tablespoons Olive Oil
- 1 Tablespoon corn flour
- 2 tablespoons chopped parsley
- Sprig of thyme
- 1 large onion
- 2 rashers of trimmed bacon, chopped
- 1 bay leaf

Heat oil in saucepan on medium/high heat and cook bacon and onion until onion is soft. Reduce heat and add flour for one minute. Add swede, thyme and stock. Bring to the boil then simmer for about 30 minutes until swede is tender. Stir through parsley, season to taste and serve with rice and steamed greens.

Stay tuned for the Eat Well Tasmania North West event where we will be showcasing an innovative way to eat swedes - designed to help you reach your daily target of 5 serves of veg!



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