

The Curve

EAT SWEDE!

Larger than the turnip and with a rough skin that is partly tan and partly purple, the swede's unpolished appearance belies its fine texture and distinctive, sweet tasting flesh.

When roast or mashed, swede makes a simple and tasty side dish. It can also be used to add interest to stews or in a variety of twists on mashed potato.

HISTORY - The swede is thought to have originated in central Europe and has a relatively short culinary history compared with many vegetables. It was known in France and England in the seventeenth century and became an important European crop by the eighteenth century. During the nineteenth century it reached the USA (where it is known as rutabaga) and then Canada.

To this day it is a much more popular food in North and East Europe than any other region.

BIOLOGY - A member of the Cruciferae family, *Brassica napus* is a hardy plant that is frost-tolerant and thrives in moist soil.

NUTRITION - Swede has a good mineral content including calcium, magnesium, phosphorus, potassium and manganese. It is low in saturated fat and relatively high in sugars. It also provides some fibre and vitamins A and C.

TIPS:

BUYING - Choose swede that is firm, solid and heavy for its size. The skin should be free of major damage but the rigid scars around the top are natural. Smaller examples are generally sweeter and milder.

COOKING - Scan the code below to view and download the recipe for 'Spiced Swede fritters'

