



# Parsnips

Produced by:



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CONNECTION

## Fun Facts:

- Parsnips are biennials, although they tend to be grown as annuals.
- They were originally used as a sweetener in Europe before beet and cane sugar became available.
- The sap from the shoots and leaves is toxic, and care should be used in handling. Direct skin contact followed by exposure to sun can cause a rash.

## Nutrition Information:

- Parsnips are rich in vitamins and minerals including several B-group vitamins, vitamin C, vitamin K, manganese, and phosphorous, and are a particularly good source of potassium.
- Most of the vitamins are found close to the skin, so finely peeling or cooking unpeeled is suggested to avoid losing nutritional value.

## Preparation:

- Discard shoots/stems and leaves, then scrub with a stiff vegetable brush under cool running water to remove garden soil.
- Parsnips can typically be cooked unpeeled, but if you prefer to peel them, keep in mind that most of the flavor is just below the skin.
- Larger parsnips tend to have a woody core that should be removed.

## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**NOTE:** parsnips can be a substitute for carrots in most dishes, but tend to be sweeter than carrots, so adjust your recipe accordingly.

**Raw:** grate and add to salads or slaws, slice or cut into sticks (matchstick) to use as a dipping vegetable, or add to soups or stews.

**Roast/Grill:** cut into halves, quarters, or thick slices lengthwise; toss with olive oil, salt, pepper, and thyme; roast at 450°F for 20-30 minutes or grill over a medium heat until caramelized and tender. Turn regularly. You can also cube parsnip and roast with other root vegetables.

**Sauté:** slice or cube and sauté with butter, salt, and pepper until tender.

**Steam:** cut into 1-inch chunks and steam for 5 minutes (longer if using for puree), add some butter, salt, and pepper, and enjoy.

**Boil:** cut into 1-inch chunks and boil for 8-10 minutes until tender, then mash with butter, salt, pepper, and cream, or eat plain.

**Puree:** steam parsnips and puree with onion and curry for a parsnip soup, or add plain puree to soups as a thickener instead of cornstarch.

## Storage:

- Cut off and discard parsnip tops. Refrigerate unwashed parsnips in a plastic bag for up to 2 weeks.
- Parsnips can be frozen. Cook (blanch) 1-inch chunks in boiling water for 2-3 minutes, run under cold water to halt the cooking process, drain, and pack into air-tight containers or freezer bags. Or, puree and freeze in air-tight containers.