
Selection

When purchasing parsnips they will range in color from pale yellow to an off-white.

Parsnips can grow up to 20 inches, but for tenderness and the best quality, choose parsnips no more than 8" long.

The root should be firm and fairly smooth. Avoid purchasing parsnips that have an overabundance of hair-like rootlets and any moist spots.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Keep produce in the vegetable drawer or in a plastic bag to prevent it from drying out.
 - ◆ Scrub firmer produce with a vegetable brush to remove any dirt or debris.
 - ◆ Wash produce under running water before peeling or cutting.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
 - ◆ You are making a healthy choice for you and your family.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
 - ◆ Your money stays locally and is recirculated in your community.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Balsam Lake, WI 54810
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<http://polk.uwex.edu>

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Parsnips

Chirivia

Uses

Parsnips can be baked, boiled, microwaved or steamed. Steaming is best to prepare parsnips as it brings out the sweetness without making them mushy.

Parsnips are also tasty if added to soups and stews, or try them mashed with some nutmeg, ginger, mace, or cinnamon added.



Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C

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Primary Sources: University of California Cooperative Extension; Photos found on Google images

Try It!

Parsnips with Almonds

INGREDIENTS

- 1 1/2 pound Parsnips, scraped and sliced
- 1 Egg, lightly beaten
- 3 Tbsp. Butter or margarine
- 1/4 tsp. Ground nutmeg
- 1/8 tsp. Pepper
- 1/4 cup Toasted almonds; slivered and blanched

INSTRUCTIONS

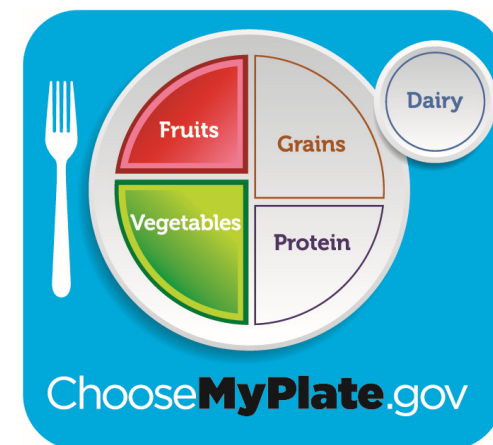
1. Cook parsnips in boiling salted water for 10 minutes or until tender. Drain well, mash.
2. Add egg, butter, nutmeg and pepper. Stir well.
3. Spoon parsnip mixture into an ungreased 1 quart casserole.
4. Sprinkle top evenly with toasted almonds.
5. Bake at 325 degrees F for 30 minutes.

Yield: 4 servings

Recipe Source: www.recipesource.com



Parsnips with Almonds



History & Fun Facts

Parsnips originated in Europe and Western Asia. They were introduced to the West Indies in the 1500's and made their way to North America in the early 17th century. In Europe the parsnip was an important part of the diet. It was a staple among the poor before it was replaced by the potato almost three centuries later.

In America the parsnip's popularity was spread by the Native Americans, who planted them frequently.