Background:
A root vegetable with long taproots, similar to a carrot but with a cream-colored flesh
Function similarly to potatoes in recipes due to their starch content
Have a unique nutty and sweet flavor
Can be consumed raw or cooked
Often eaten in soups and broths, baked, roasted, fried, pureed, or steamed
Commonly eaten in cold seasons due to its growing pattern that begins later in the year
Found in Asian, European, and North American cuisines

Nutritional Value:
Parsnips contain fiber and 80% water content, which can aid in weight maintenance by keeping you full longer.
The skin of parsnips is full of vitamins and minerals obtained from the soil.

*Potassium*: Good for heart health, acts as a vasodilator, and decreases blood pressure

*Vitamin B12*: Important in energy production, promote heart health

*Folate*: Reduces neural tube defects

*Vitamin C*: Boosts the immune system and helps prevent osteoarthritis
Parsnips

How to SHOP:
You can find fresh parsnips in the grocery store in the produce section near other root vegetables all year round.

Firm and medium parsnips are easiest to cook with.

Avoid parsnips that are limp, shriveled, brown, or have whiskers

How to GROW:
Plant parsnips before the winter growing season starts, as they take 16 weeks to mature and are harvested in late fall or early winter.

Parsnips grow best in deep, stone-free, sandy soils in sun or partial shade.

Sap from the parsnip plant can be toxic so be wary when handling the foliage, leaves, and shoots.

Prevent carrot flies by using vertical fences, sowing sparsely, and rotating crops.

How to STORE:
Store in a cool, dark place.

Increase the storage time of parsnips by storing in the refrigerator up to two weeks in a loose plastic bag.