Parsnips

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.
Roasted Parsnips with Rosemary, Garlic & Parmesan

INGREDIENTS:

1 lb. Parsnips, peeled, roughly chopped
1 Tbsp Rosemary leaves, minced
1 Tbsp Extra virgin olive oil
1/3 tsp Black pepper
3 cloves Garlic, minced
2 Tbsp Parmesan cheese, grated
1/4 tsp Salt

DIRECTIONS:

Preheat oven to 400°F. Line baking sheet with parchment paper.

In a large bowl, combine parsnips, rosemary, olive oil, black pepper, and garlic.

 Arrange into a single layer on prepared baking sheet and bake about 10-15 minutes, or until parsnips are tender.

When finished cooking, let parsnips cool briefly, then toss with parmesan cheese and salt to taste.

HELPFUL TIPS:

Place the baking sheet in the oven while preheating to increase parsnip crispiness when roasting. Just don’t forget to use an oven mitt!

Swap out rosemary with thyme, dried savory, or tarragon for different flavors.
Grated Parsnip and Carrot Salad

INGREDIENTS:

1 lb. Parsnips  
1/2 lb. Carrots  
2 Pears  
1/2 cup Parsley, roughly chopped  
1/4 cup Red onion, finely chopped

3 Tbsp Lemon juice  
1/2 Tbsp Apple cider vinegar  
2 tsp Honey  
2 Tbsp Extra virgin olive oil  
Salt and pepper, to taste

DIRECTIONS:

Peel and grate the parsnips, carrots, and pears.

In a small bowl, combine remaining ingredients to make the dressing.

In a large mixing bowl, toss together the grated ingredients with the prepared dressing. Serve immediately.

HELPFUL TIPS:

If you don’t have any parsley, substitute another fresh herb like cilantro.

You can prepare the dressing ahead of time and store separately until ready to serve.
Braised Parsnips with Maple Syrup & Pecans

INGREDIENTS:
1/2 Tbsp Unsalted butter 1/4 cup Pecan halves
1 lb. Parsnips, peeled, roughly chopped 1/4 cup Maple syrup
1/4 tsp Cumin, ground 1/8 Tbsp Salt
1/8 tsp Coriander, ground
Water

DIRECTIONS:
Melt butter in a small saucepan over medium heat. Add parsnips and sauté for about 2 minutes, adding the cumin and coriander.

Add enough water to the pan to cover the parsnips, and bring to a simmer.

Stir in maple syrup, then reduce heat to medium-low. Cook for 5 minutes or until parsnips are fork tender. Remove from heat and set aside.

Sprinkle parsnips with salt and toss in pecans.

HELPFUL TIPS:
Can substitute cumin and/or coriander with caraway or fennel.
To cook faster, cover parsnips while braising.
Try adding cinnamon for a nice flavor addition.