



Parsnips

Plant: Parsnips are a winter root vegetable. They develop their full flavor once exposed to freezing temperatures for 2-4 weeks in the early fall and winter. In southern states, they can be planted in early summer. The seeds should be planted $\frac{1}{2}$ inch apart and $\frac{1}{2}$ inch deep into the soil in rows. The rows should be at least 12 inches apart. This gives the growing parsnips room to grow good roots.

Grow: Parsnips take 18 days to germinate. Once little plants appear, the plants can be thinned out to about three to four inches apart in rows. Parsnips need to be well-watered when growing or else the roots will be flavorless and very tough. Fertilization of the soil is also helpful.

Harvest: Parsnips are typically harvested after 16 weeks, when their leafy tops reach 3 feet tall. It is recommended to leave them in the ground for a few frosts, but to harvest before the ground freezes. If left in the ground for the winter, they need to be covered with a thick layer of mulch and harvested immediately after the ground thaws in the spring. These parsnips will be sweeter than those harvested in the fall.

Nutrition Facts	
Serving Size 1/2 one 9" parsnip (80g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutritional Information:

Parsnips are an excellent source of soluble and insoluble dietary fiber, which helps reduce blood cholesterol levels and promotes fullness. They also contain many poly-acetylene anti-oxidants, which are found to have anti-inflammatory, anti-fungal, and anti-cancer compounds. Parsnips are rich in vitamin C, which helps the immune system acting as an anti-oxidant.

How to Prepare: While parsnips may be eaten raw, typically they are served roasted, boiled, or used in stews. Sometimes after boiling, the solid portion of the parsnip may be removed, leaving behind a subtle flavor and starch to thicken a soup or casserole dish.



Glazed Parsnips

Yield: 1 ½ lbs

Serving Size: 4 oz



Ingredients

- 1 lb parsnips, sliced
- 4 ½ oz pineapple juice, unsweetened
- 1 ⅓ oz water
- 1 ⅓ Tbsp cornstarch

Preparation

1. Fill a large, heavy pot with 2” water and bring to a boil. Reduce heat to a simmer, add and steam until crisp-tender, about 5 minutes.
2. Pour pineapple juice into a sauce pan. Bring to a boil over high heat, stirring occasionally.
3. In a bowl, combine water and cornstarch. Whisk into pineapple juice. Bring to a boil. Promptly remove from heat.
4. Toss parsnips with glaze. Serve warm.

Nutrition Facts per Serving:

60 calories, 0.5 g fat, 12 g carbohydrates, 4 g fiber, <1 g protein

