



## Harvest of the Month

# PARSNIPS

### Nutrition Information

- Parsnips are a great source of fiber, manganese, potassium, and are high in vitamin C, vitamin K and vitamin B9.
- Parsnips are a starchy vegetable, packed with carbs, fiber, and natural sugars.
- Parsnips are low in both fat and calories.

### Selection and Storage

- Choose small to medium parsnips, about 5 to 10 inches in length.
- Avoid parsnips that are limp or shriveled.
- Select parsnips that have an even yellowy-cream color.
- Remove leafy green top, leaving around one inch of their stem.
- Keep parsnips in the fridge in a perforated plastic bag, helping them stay fresh by allowing airflow while keeping them from drying out.
- To prevent moisture buildup do not store parsnips in airtight containers.

### Fun Facts

- Parsnips have a naturally sweet, nutty flavor that works well in dishes like soups, stews, or when roasted. They get sweeter after frost because cold weather turns their starch into sugar
- In Washington, parsnips are usually ready to harvest in the late fall and winter months.
- Parsnips are native to Eurasia and have been cultivated by humans for at least 2,000 years.
- Parsnips traveled to America with the early European settlers.
- Parsnips were used to sweeten deserts before sugar was widely available.

## Recipes

- [Roasted Parsnips and Carrots - Food Hero](#)
- [Roasted Root Vegetable Hash - Vermont FEED](#)
- [Magenta Root Slaw - Massachusetts Farm to School](#)
- [Roasted Radishes and Root Vegetables - Oklahoma Farm to School](#)



## Educational Resources

- [Harvest For Healthy Kids](#) has fantastic activity kits for a variety of produce items including Winter Root Vegetables like Parsnips.
- Green Mountain Farm to School - Has a [family newsletter](#) and [video featuring parsnips](#).
- Healthy Harvest for Kids: Viva Farms and WSU Skagit C Healthy Kids – Winter Squash: A printable recipe and early learner activity.
- [WSU Ext. Healthy Harvest for Kids Newsletter](#) - With recipes, storage tips and tips for cooking with preschoolers in the kitchen. Available in English and Spanish.
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Parsnips that include: [Parsnip Basics Information Sheet \(Spanish\)](#) and [Parsnip Coloring Sheet \(Spanish\)](#), [Fun With Parsnips Activity Sheet](#); [Parsnips Nutrition Video](#).

## Sourcing

Having trouble finding these food items from local distributors? The [Washington Farm and Food Finder](#) can help you identify where to find parsnips and other seasonal foods from local producers.

- Can't find parsnips in your area to feature? Substitute carrots, turnips, or rutabagas for parsnips which are also available in January.

Reach out to OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for support finding Harvest of the Month foods.

Here is another option to reach local producers through the WSDA Finding Farms page as well.

[Finding Farms | Washington State Department of Agriculture](#)

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**