



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 the 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 desserts 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

- 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](#)
- WA Ag in the Classroom Lessons:
 - [Eating Plants – Grades K-2](#)
 - [Plant-Soil Interactions – Grades 3-5](#)
 - [Plant-Soil Interactions – Grades 9-12](#)
- [New Hampshire Farm to School HOM - Parsnips](#)
- [Vermont FEED – Fruit and Vegetable Facts - Parsnips](#)
- [Green Mountain Farm to School - Has a family newsletter and video featuring parsnips.](#)

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 or WSDA at 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](#).