

PARSNIP

Pastinaca sativa



ORIGIN & HISTORY

Parsnips are native to the eastern Mediterranean region and were cultivated from the wild since the time of Romans. The taproot pre-dated potatoes by one hundred years. Colonists traveling to the New World introduced Parsnips to the Americas in 1609.

Fun Fact: Parsnips are easily fermented and were therefore once a popular choice for making wine and beer. You can still find a lot of traditional recipes today.

Cooking With Parsnips

Note that cut parsnips oxidize when exposed to air, similar to an apple. If not using right away, reduce the effect by placing cut parsnips in a bowl of water with fresh lemon juice.

Parsnips are a classic ingredient in some chicken broths and soups. They can also be baked, sauteed, steamed, mashed or pureed, roasted, used in stews and fried. Parsnips are a great source of folate, potassium, fiber and vitamin C.

Harvesting:

Parsnips are root vegetables closely related to carrots and parsley, all of which belong to the Apiaceae family. It has a cream-colored skin and flesh with a long, tapered taproot like that of a carrot.



Leaves on the parsnip plant heavily resemble those of parsley

Like many root vegetables, they are harvested from fall through spring. Those harvested in the spring tend to be the sweetest because the starches convert to sugars during their winter hibernation.

Shelf Life:

To maximize the shelf life of raw parsnips, refrigerate in plastic bag.

How long do raw parsnips last in the fridge?

Properly stored, raw parsnips will typically last for 3 to 4 weeks in the refrigerator.

Roasted Garlic & Parsnip Soup:



Full Recipe: <https://cupfulofkale.com/roasted-garlic-and-parsnip-soup/>

Ingredients:

- 1 kg parsnips (about 8)
- 1 head of garlic (about 10 cloves)
- 1 tbsp fresh/dried rosemary
- 2 tbsp maple syrup
- 3 large onions
- 1.5 litres vegetable stock
- 1 lemon
- Toppings
- Sour Cream
- Toasted Seeds



Photo 1: A parsnip plant fully grown resembles similarly to a celery stock.



Photo 2: Parsnip Farm starting to harvest by loosing the soil

FRESH CHOICE

References:
<https://www.healthbenefitstimes.com/parsnips/>
<https://www.allrecipes.com/article/what-is-a-parsnip/>
<https://www.cropdrop.co.uk/know-your-greens/vegetables/parsnips>



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