

Parsnips

Parsnips Seasonal Availability in NH: Fall & Winter

Storage & Prep Tips

Store in a cool, dry, dark place with good ventilation, or refrigerate in a perforated plastic bag, in the vegetable drawer. Wash and peel before use.

A dark place that is 38-42 degrees Fahrenheit and 90 percent humidity is perfect.

Check storage roots often, removing any rotting roots and using up any that begin to show signs of softness or bruising.

Nutrition Info

Parsnips are an excellent source of vitamin C, rich in potassium (375 mg per 100g!!) and B vitamins.

They also contain antioxidants and both soluble and insoluble dietary fiber.

Fun Facts

Parsnips look a lot like a pale yellow carrot but are sweeter.

Parsnips like frost. They get sweeter in frosty weather when part of the starch is converted to sugar.

They were used as a sweetener in Europe before sugar cane.



Roasted Maple Carrots and Parsnips

Ingredients-

2 pounds carrots, cut into 1 inch pieces

2 pounds parsnips, cut into 1 inch pieces

2 Tbsp olive oil

1 tsp salt

1/8 tsp ground black pepper

1/2 cup maple syrup

Preheat oven to 450 degrees F. If any carrots or parsnips are very large, cut pieces lengthwise in half or into quarters for even cooking. In large bowl, toss carrots and parsnips with oil, salt, and pepper until well coated; transfer to two 15 1/2" by 10 1/2" jelly-roll pans or large cookie sheets.

Roast vegetables on 2 oven racks 45 to 50 minutes or until tender and lightly browned, stirring once and rotating pans between upper and lower racks halfway through roasting

About 10 minutes before serving, in large microwave-safe serving bowl, heat and maple syrup in microwave oven on High 4 to 5 minutes or until mixture is very thick, stirring occasionally. Add vegetables to maple syrup mixture and stir until well coated. Heat vegetable mixture on High 1 to 3 minutes or just until hot, stirring once.

