

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
October thru
February



PARSNIPS

Parsnips are a cold-weather root vegetable that resemble a top-heavy, ivory-colored carrot. In fact, the carrot and the parsnip are relatives. Parsnips have a mild celery-like fragrance and a sweet, nutty flavor.

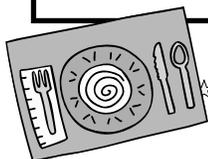
Nutrition Benefits

Parsnips are:

- ◆ Good source of folic acid
- ◆ Good source of potassium
- ◆ Good source of fiber
- ◆ Good source of vitamins C and K

Serving Tips

- ◆ This hardy veggie is easy to prepare and makes an excellent addition to soups and stews.
- ◆ To bring out their sweetness, accent parsnips with nutmeg, ginger, mace, or cinnamon.



Family Meal Ideas

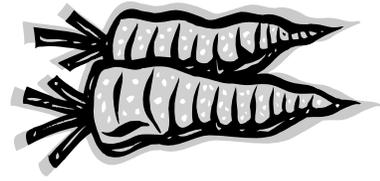
Children learn basic cooking skills and to appreciate a variety of tasty food, when they are involved in mealtime preparation. So, get the kids involved in helping prepare a meal.

- Good kitchen helpers usually make good food tasters.
- Children learn best by doing, not watching.
- Let every eater have an opportunity to help plan a day's menu.
- Take turns rotating meal planning to satisfy everyone's taste buds.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

PARSNIPS



Locally Grown Varieties

All American, Hollow Crown, Gladiator, and Harris Model

Shopping Tips

- ✓ Parsnips range in color from pale yellow to off-white.
- ✓ Parsnips can grow up to 20 inches long; they are the most tender when about 8 inches.
- ✓ Very large parsnips tend to be over mature and have a tough woody core.
- ✓ The root should be firm and fairly smooth.
- ✓ An overabundance of hair-like rootlets is undesirable. Soft, withered parsnips are likely to be fibrous.
- ✓ Parsnips with moist spots should also be avoided.



Handling and Storage

- ◆ Like carrots, parsnips keep best in a perforated bag in the vegetable bin of the refrigerator.
- ◆ They can last for up to three to four weeks.
- ◆ If the green tops, or parts of them, are attached, remove them before storing. They'll draw moisture from the roots.

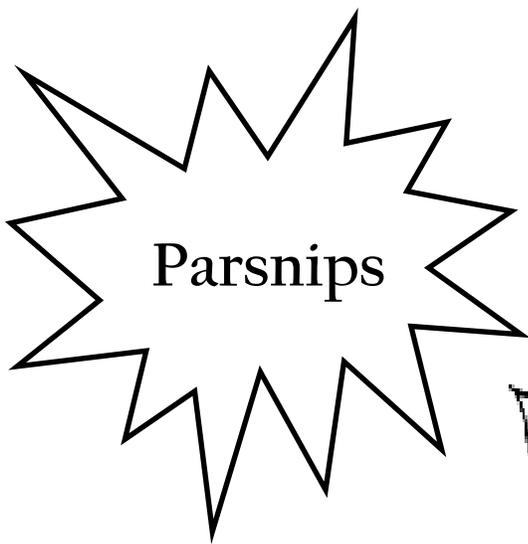
Preparation

Unlike carrots, parsnips are almost always eaten cooked, as they tend to be quite fibrous. Be careful not to overcook them. Their flavor is sweetest when just tender. Brief cooking also helps to preserve nutrients. Just before cooking, cut off the root and leaf ends; trim any major rootlets or knobs.

- ◆ **Baking:** Place whole or cut-up parsnips in a baking dish with a cover. Cooking time: 20 to 30 minutes in a 350 degree oven.
- ◆ **Boiling:** Drop whole or cut-up parsnips into a pan of boiling water and simmer until tender. Cooking time: 5 to 15 minutes.
- ◆ **Microwaving:** Cut parsnips into large chunks and place them in a microwavable dish with 2 tablespoons of liquid. Cover with a lid or vented plastic wrap. Cooking time: 4 to 6 minutes.
- ◆ **Steaming:** This method is by far the best way to cook parsnips, as it brings out their sweetness without them getting mushy. Place trimmed, well-scrubbed parsnips in a steamer and cook over boiling water. Cooking times: For whole parsnips, 20 to 30 minutes; for cut-up pieces, 5 to 15 minutes.

Reasons for the Seasons

Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs
University of California Cooperative Extension - Placer/Nevada Counties
11477 E Avenue, Auburn, CA 95603
Phone: (530) 889-7350 Fax: (530) 889-7397
Website: <http://ceplacervevada.ucdavis.edu>



**UC
CE** University of California Cooperative Extension
Division of Agriculture and Natural Resources

2012

The University of California (UC) Division of Agriculture & Natural Resources (ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: *service in the uniformed services* includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services).

University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.

The University is an affirmative action/equal opportunity employer. The University undertakes affirmative action to assure equal employment opportunity for minorities and women, for persons with disabilities, and for covered veterans (including veterans with disabilities, recently separated veterans, Vietnam era veterans, veterans who served on active duty in the U.S. Military, Ground, Naval or Air Service during a war or in a campaign or expedition for which a campaign badge has been authorized, or Armed Forces service medal veterans). University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.