

# Parsnips



Parsnips closely resemble their relatives, parsley and carrots. They are more pale and thicker than carrots.

## Used in:

Snacks, side dishes, salads, soups, sauces, casseroles, or stews

## What do they taste like?

Parsnips have a sweet, earthy, and nutty flavor. The taste varies depending on their size, freshness, and preparation. The sweetness of parsnips becomes stronger when harvested after a frost.

## How do I store, save, and freeze them?

Remove the leafy green tops from the parsnips and either cook or discard. Store parsnips in the refrigerator in a loosely wrapped damp paper towel to maintain their moisture. Will store up to a month but turn bitter with age.

**To freeze:** wash, peel, & cut into 1/2-inch cubes. Blanch in boiling water for 2 minutes. Cool promptly in cold water and drain, then place chilled parsnips on tray in freezer. Once frozen pack into containers leaving no space at top. Date and label. Use within 8-12 months.

## How do I prepare them?

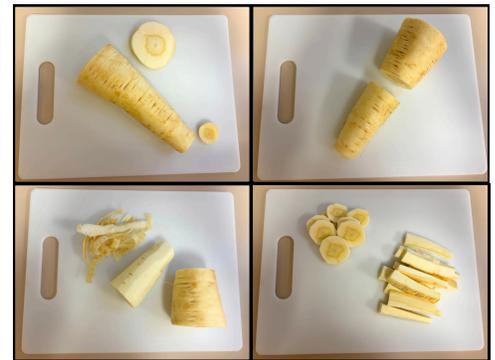
1. Using a vegetable brush, scrub parsnips under cool water to remove any dirt.
2. Trim off the stem and root ends of the parsnips.
3. Cut off any damaged parts. Leave the skin on for extra fiber.
4. Once clean, prepare parsnips as your recipe calls for.

## How do I cook them?

**On the stove top:** Slice into similar size pieces. Melt butter or use olive oil over medium high heat. Cook until tender tossing occasionally. Season as you like.

**In the oven:** Set oven to 400°F. Cut into similar sized sticks and place them on a baking pan. Toss with olive oil, salt, pepper, and garlic. Stir occasionally until browned and tender, 20-30 minutes.

**Seasoning ideas:** Sweet: Cinnamon, nutmeg, ginger, or honey. Savory: garlic, parsley, sage, or thyme.



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*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Parsnips from SNAP-Ed NY:



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