Plant: Parsnips are a winter root vegetable. They develop their full flavor once exposed to freezing temperatures for 2-4 weeks in the early fall and winter. In southern states, they can be planted in early summer. The seeds should be planted ½ inch apart and ½ inch deep into the soil in rows. The rows should be at least 12 inches apart. This gives the growing parsnips room to grow good roots.

Grow: Parsnips take 18 days to germinate. Once little plants appear, the plants can be thinned out to about three to four inches apart in rows. Parsnips need to be well-watered when growing or else the roots will be flavorless and very tough. Fertilization of the soil is also helpful.

Harvest: Parsnips are typically harvested after 16 weeks, when their leafy tops reach 3 feet tall. It is recommended to leave them in the ground for a few frosts, but to harvest before the ground freezes. If left in the ground for the winter, they need to be covered with a thick layer of mulch and harvested immediately after the ground thaws in the spring. These parsnips will be sweeter than those harvested in the fall.

### Nutritional Information:

Parsnips are an excellent source of soluble and insoluble dietary fiber, which helps reduce blood cholesterol levels and promotes fullness. They also contain many poly-acetylene anti-oxidants, which are found to have anti-inflammatory, anti-fungal, and anti-cancer compounds. Parsnips are rich in vitamin C, which helps the immune system acting as an anti-oxidant.

How to Prepare: While parsnips may be eaten raw, typically they are served roasted, boiled, or used in stews. Sometimes after boiling, the solid portion of the parsnip may be removed, leaving behind a subtle flavor and starch to thicken a soup or casserole dish.
Glazed Parsnips

Yield: 1 ⅛ lbs
Serving Size: 4 oz

Ingredients

1 lb parsnips, sliced
4 ½ oz pineapple juice, unsweetened
1 ⅓ oz water
1 ⅓ Tbsp cornstarch

Preparation

1. Fill a large, heavy pot with 2” water and bring to a boil. Reduce heat to a simmer, add and steam until crisp-tender, about 5 minutes.
2. Pour pineapple juice into a sauce pan. Bring to a boil over high heat, stirring occasionally.
3. In a bowl, combine water and cornstarch. Whisk into pineapple juice. Bring to a boil. Promptly remove from heat.
4. Toss parsnips with glaze. Serve warm.

Nutrition Facts per Serving:

60 calories, 0.5 g fat, 12 g carbohydrates, 4 g fiber, <1 g protein