

# Parsnip



Parsnips are closely related to carrots, but have a sweeter and earthier flavor. They are rich and starchy when cooked, so can be used in place of carrots or potatoes. Smaller roots are sweeter and more tender, while larger ones are starchier and great for stews. While sweet, parsnips are still a healthy source of dietary fiber and essential vitamins & minerals.



## Cooking

Delicious roasted, steamed, and boiled, parsnips can be featured in a variety of dishes. Scrub well and trim the ends, or peel entirely before using. Mash with butter or mix with mashed potatoes, add to soups and stews, or cut into fries and bake until crisp. Parsnip tops and leaves are not edible, so are usually removed right after harvest.

## Storage

Store in a bag in the crisper drawer of the fridge up to 6 weeks. Wash just before using. If you have a cool, dry basement, large parsnips can be stored in a paper bag unrefrigerated for 2-4 weeks. Pre-cut and freeze in an airtight container up to 6 months.





## Mashed Parsnips

### Ingredients:

- 3 parsnips, chopped
- 1 low sodium bouillon cube (vegetable or chicken)
- 1 tsp lemon juice
- 2 tbsp butter
- ½ cup milk or water
- Salt and pepper

### Directions:

1. Place the parsnips in saucepan and cover with water.
2. Add the bouillon and lemon juice.
3. Simmer for 20 minutes or until very tender; drain.
4. Mash, then add the butter and milk and mash again until mixed.
5. Season with salt and pepper, and serve.

### Quick Tips

- Add fresh chopped herbs such as chives, parsley, or thyme, or 1 tsp minced garlic.
- Fry leftovers in a skillet with butter for breakfast hash, or use it to thicken soups or stews.
- Make this recipe with a mix of parsnips & potatoes, or add turnip, rutabaga, or other root vegetables to the mix!

