

OREGON PARSNIPS

In Oregon, parsnips are in season from July to December.

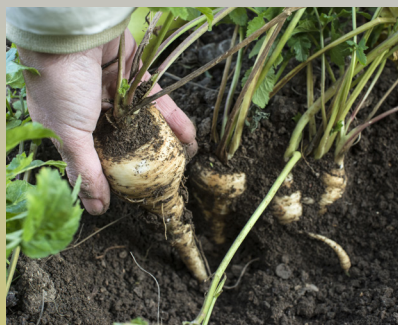


Before the potato was introduced in the 1700's, the parsnip was the most prominent root vegetable in Europe.

NUTRIENTS FOUND IN PARSNIPS

- ~ Parsnips are a good source of potassium, which helps promote bone development.
- ~ The vitamin C in parsnips helps the body's immune system, which is what keeps you feeling your best.
- ~ Parsnips are a good source of fiber. Eating foods with fiber helps promote a healthy weight.
- ~ Parsnips are an excellent source of folate, a nutrient that is important for healthy pregnancies and the creation of red and white blood cells.

Parsnips can grow up to 20 inches long; they are more tender when shorter.



Parsnips are a cold-weather root vegetable that resembles a top-heavy, ivory-colored carrot. In fact, the carrot and the parsnip are relatives



Frost converts some of parsnip's natural carbohydrates into sugar, so they taste sweeter after frost.



Parsnips have a mild celery-like fragrance and a sweet, nutty flavor.


The research funded by USDA Specialty Crop Block Grant Program and USDA Supplemental Nutrition Assistance Program (SNAP). SNAP benefits are not restricted to specific fresh produce. SNAP can help you buy nutritious food for a better diet. To find out more, contact Oregon SNAP at 211. USDA is an equal opportunity provider and employer. ©2020 Oregon State University. Oregon's Center for International Programs, activities, and services will continue while circumstances related to the COVID-19 public health emergency persist. Updates, grants, information, media & more. Website: oregonstate.edu. Oregon State University Extension Service is an Equal Opportunity Employer.