

Parsnips



Parsnip Facts

- Parsnips are a root vegetable.
- They are closely related to carrots and parsley and are cylindrical in shape.
- Parsnips look like a white carrot and have a cream-colored skin and a white interior.
- Parsnips originated in Eurasia.
- In ancient times, parsnips were a common food in many cultures but were eventually replaced by potatoes.
- Parsnips are considered a winter vegetable.
- They become sweeter after the first winter frost. *(In near-freezing temperatures the starch in the parsnip root changes into sugar, resulting in a unique nutty, sweet flavor.)*
- Parsnips were used as a source of sugar in Europe before sugar cane and the sugar beet were available.
- Parsnips resemble carrots in taste but are sweeter, especially when cooked.
- They are usually cooked (baked, boiled, pureed, roasted, fried or steamed) but also can be eaten raw.
- Parsnips are rich in potassium and contain anti-oxidants which may help prevent cancer.
- Parsnips are high in fiber which may help reduce blood cholesterol and prevent constipation.

