Parsnip

What am I?

Parsnips are a root vegetable, similar to carrots, turnips and beets. You can store, prepare and eat parsnips just like you would a carrot.

How do I grow?

- Parsnips are a winter vegetable that is planted in the ground.
- Many farmers wait until early spring to harvest them which allows the cold exposure to change the starch content to sugar, sweetening the vegetable.

Nutrition Facts

Parsnips are a good source of fiber, vitamins C and E, folate and manganese.

Fun Facts

- Parsnips have a nutty, peppery taste when eaten raw.
- The paler white the parsnip is, the sweeter it will taste.
- In Europe, parsnips were used to sweeten jams and cakes before sugar was widely available.

WISCONSIN DEPARTMENT OF
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