



# Parsnip

*Lakota: p̄hangí hánska*

## Pick it!

Parsnips look like a white to cream colored carrot, 8-12 inches long, have a nutty, celery flavor.

Pick firm and dry parsnips. Can be stored in refrigerator in an unsealed bag for 3 weeks or longer.

Smaller parsnips may have more flavor and tenderness.

Cold temperatures 2-4 weeks before harvest help give parsnips a sweeter flavor.



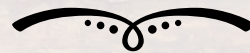
## Try it!

Parsnips can be used much like carrots and other root vegetables.

They are great chopped with other root vegetables, drizzled in olive oil and lightly seasoned (salt, pepper, garlic, thyme), and roasted at 350 degrees F for 1 hour, or until soft.

Sliced parsnips and carrots can also be briefly cooked (simmered for 2 minutes in water), strained, and added to a fresh lettuce salad.

Parsnips also work well in soups and can be treated like carrots in such recipes.



## Types of Parsnip

**All-American:** most popular, white flesh, tender core, high sugar content

**Harris Model:** similar to All-American, generally thinner than typical parsnips



## Did you know...

Sodium and potassium create a balance in the body to make muscles contract, transmit nerve impulses, regulate blood pressure and heartbeat.

## Like it!

### Mashed Parsnips

#### Ingredients

- 4-5 parsnips
- 1 Tablespoon salt
- 2 Tablespoons butter
- 1/8-1/4 cup milk
- 4 teaspoon chopped garlic
- Black pepper to taste

#### Directions

Place the chopped parsnips in a pot and cover with water. Add salt and bring to boil. Boil until parsnips are so soft that they fall apart when you pierce them with a fork, around 15 minutes. Once parsnips are beginning to fall apart easily, drain well immediately to avoid a watery product. Mash the parsnips, adding butter, soymilk, and garlic. Grind in some pepper. Taste. Add more butter, garlic, or salt as desired.

Yield 4 servings

Nutrition Facts per Serving:  
Calories 180; Fat 7g; Cholesterol 15mg; Sodium 400mg;  
Carbohydrates 29g; Sugar 8g; Fiber 6g; Protein 2g

Sources: <http://staff.washington.edu/what/recipes/mashedparsnips.html>

### Harvest Vegetable Salad

#### Ingredients

- 2 cups romaine lettuce (washed)
- 1 cup cilantro leaves (washed)
- 1 cup parsnips (peeled)
- 1 cup carrots (peeled)
- 1 cup turnips (peeled)

#### Directions

Combine romaine lettuce and cilantro, and divide onto four plates. Place parsnips, carrots and turnips into 1 quart of boiling water. Return water to a simmer, cook vegetables for 2 minutes. Strain into a colander. Mix ingredients for the dressing right before use. Place hot vegetables on top of greens and top with homemade dressing.

Yield 4 servings

Nutrition Facts per Serving:  
Calories 90; Fat 4g; Cholesterol 0mg; Sodium 55mg;  
Carbohydrates 15g; Sugar 6g; Fiber 4g; Protein 1g

*Lakota word translated by Jeshua Estes.*

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