



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Parsnip

In season:



**Fall and
Winter**

Lakota: p̄hangí hánska

Preschool Lesson Plan

Objectives

Participants will:

- identify parsnips as a vegetable and the part of the plant that parsnips come from.
- increase knowledge in harvesting, cleaning and use of parsnips.
- demonstrate use of parsnips in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Parsnips visuals
- Actual parsnips if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- Mashed Parsnips

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Measuring Liquid and Dry Ingredients
- Stove Top Safety

Other Cooking and Food Safety Skills

- Kitchen terms - boil and simmer
- Storing parsnips and leftovers

Supplies for Parsnip Lesson

- Mashed Parsnips
 - » Knife
 - » Cutting board
 - » Measuring spoons
 - » Liquid measuring cup
 - » Pan
 - » Colander
 - » Potato masher
 - » Stove or electric burner

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • People used to think this would help relieve toothache pain. • These were used in animal feed in ancient Europe. • They are related to carrots. <p>(Answer: Parsnips.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of parsnips.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruit each day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruit a day.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster.
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think a parsnip is? (Answer: Root.)</p> <p>Do you know why plants need roots? (Answer: The roots grow in the ground. Roots hold the plant in place. Roots take in water which helps the plant to grow.)</p>	<ul style="list-style-type: none"> • Show the Parts of a Plant visual. • Point to the fruit. • Call on someone who would like to answer.
<p>Parsnips are very similar to carrots. They look just like a white carrot. They can also grow up to 20 inches long and can weigh over 1 pound! They can smell like celery.</p>	
<p>Parsnips like the cold weather. The flavor of parsnips does not come in until the winter time. Parsnips have to be in the cold ground for a few weeks before they are ready to be harvested.</p>	
<p>What should we look for when buying parsnips at the grocery store? (Answer: Pick parsnips that are firm and dry and mostly smooth. Do not buy parsnips that have wet spots or brown around the top.)</p> <p>Choose parsnips that are closer to 8 inches long – they will taste better in recipes.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.

What You Say:	What You Do:
<p>How should parsnips be stored? (Answer: In the refrigerator.)</p> <p>Parsnips should be stored in an unsealed bag. If the parsnips have their green leafy tops, take those off before putting them in the refrigerator. Parsnips can stay in the fridge for around three weeks.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>What do we need to do to prepare parsnips? (Answer: Wash them.)</p> <p>Make sure to scrub parsnips with a vegetable brush and rinse them with cold running water.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Show a vegetable brush.
<p>How can we eat parsnips? (Answers: Baked, boiled, steamed, microwaved, roasted, in soup, mashed, etc.)</p> <p>Parsnips can be used just like carrots and other root vegetables.</p>	<ul style="list-style-type: none"> • Allow discussion of how participants have eaten parsnips.
<p>Why should we eat parsnips? (Answer: Good source of folate, potassium, fiber and vitamin C.)</p> <p>Vitamin C helps heal our cuts and bruises and can help keep our gums healthy. Fiber is good for our stomachs.</p>	<ul style="list-style-type: none"> • Refer to Parsnip Nutrition Information sheet.
<p>Are you all ready for the parsnip recipe?</p> <p>What do we need to do before we start preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Mashed Parsnips

Equipment List

- Knife
- Cutting board
- Measuring spoons
- Liquid measuring cup
- Pan
- Colander
- Potato masher
- Stove or electric burner

What You Say:	What You Do:
Today we will be making Mashed Parsnips. Let's go over the recipe before we start.	<ul style="list-style-type: none"> • Pass out the recipe and read it over with the students.
What do we need to do with the parsnips before they can be cooked? (Answer: Wash them.) We can use a vegetable brush or our hands to clean the parsnips.	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Washing Fruits and Vegetables skill sheet. • Show a vegetable brush.
The parsnips will be placed in a pan and covered with water. Next, add some salt and bring the water to a boil. What does the term "boil" mean? (Answer: To heat liquid until bubbles break continually on the surface.)	<ul style="list-style-type: none"> • Review Stove Top Safety skill sheet. • Call on someone who would like to answer.
We will be adding 1 tablespoon of salt to the water. Salt is something that our bodies can't handle when there is too much. We need some but having too much is not good. Salt can be high in boxed and canned food items like soup. It is best to use different herbs and spices when cooking at home. For this recipe we are using black pepper and garlic.	
Once the parsnips are soft, drain the water using a colander. This helps the parsnips from becoming too watery.	
Now we can mash the parsnips! We will be adding some milk to the parsnips. How do we measure milk? (Answer: With a liquid measuring cup.) To mash the parsnips we can use a potato masher. What other kitchen tools might we use to mash the parsnips? (Answers: A fork, hand mixer, etc.)	<ul style="list-style-type: none"> • Review Measuring Liquid and Dry Ingredients skill sheet. • Show a potato masher and demonstrate how to use it. • Allow discussion of kitchen tools for mashing.

Visuals



Parsnips



Parsnip flower



Parsnips with tops still attached

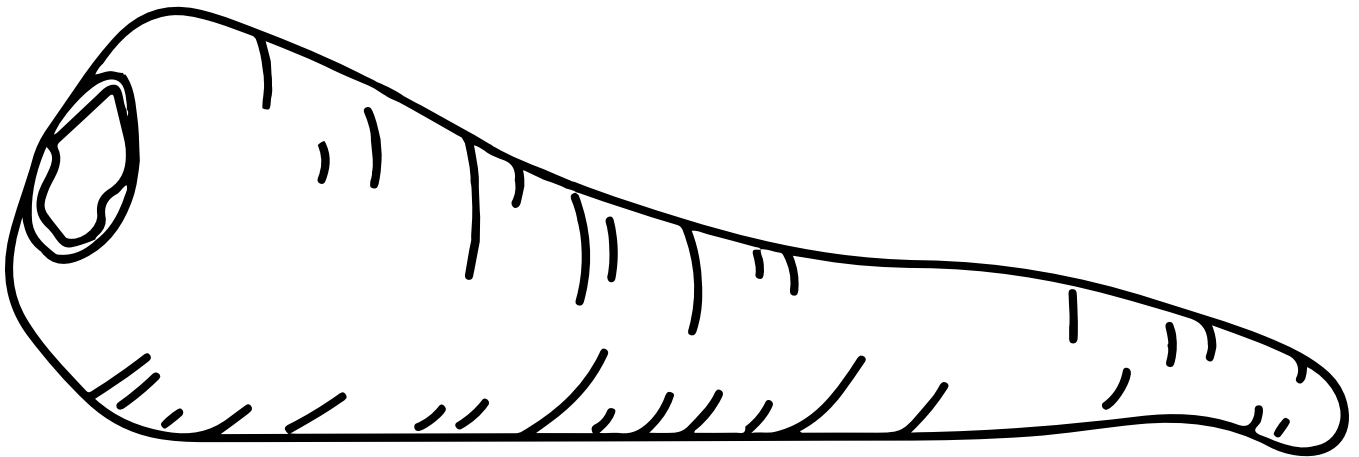
Parsnip Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Parsnips, sliced and cooked	½ cup, 78 g	55	2.8	0%	10	286	45
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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PARSNIP



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Parsnip Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/harvest-vegetable-salad

Clues

- barbarajeanhicks.com/par-snippet-parsnips-fun-facts/

Information

- ucanr.edu/sites/Nutrition_BEST/
- extension.illinois.edu/veggies/parsnip.cfm
- montana.edu/extension/nutrition/nutrition-cooking-culture/documents/ParsnipFFS.pdf
- eatfresh.org/discover-foods/root-vegetables
- fruitsandveggies.org/fruits-and-veggies/parsnips/
- heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/shaking-the-salt-habit-to-lower-high-blood-pressure
- myplate.gov

Lakota translation

- Translated by Jeshua Estes

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S-0001-26



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Parsnip

Lakota: p̥hąŋí háŋska

Pick it!

Parsnips look like a white to cream colored carrot.

They have a nutty flavor and grow 8-12 inches.

Pick firm and dry parsnips. The smaller, the more flavorful and tender.

Cold temperatures, 2-4 weeks before harvest, help sweeten them.

Store in refrigerator in an unsealed bag for 3 weeks or more.



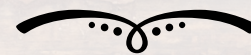
Try it!

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 Fahrenheit 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 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.

In season:



Fall and
Winter

Like it!

Mashed Parsnips

Ingredients

- 4-5 parsnips; washed, peeled and chopped
- 1 Tablespoon salt
- 2 Tablespoons butter
- 1/8-1/4 cup soymilk
- 4 teaspoons garlic, chopped
- Black pepper to taste

Directions

1. Place the chopped parsnips in a pot and cover with water. Add salt and bring to a boil.
2. Boil until parsnips are so soft that they fall apart when you pierce them with a fork, around 15 minutes.
3. Drain immediately to avoid a watery product.
4. Mash the parsnips and add butter, soymilk, garlic and pepper.
5. Taste, and add more butter, garlic or salt as desired.

Yields 4 servings

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

Sources: staff.washington.edu/what/recipes/mashedparsnips.html

Lakota word translated by Jeshua Estes.

Harvest Vegetable Salad

Ingredients

- 2 cups romaine lettuce; washed and chopped
- 1 cup cilantro leaves; washed and chopped
- 1 cup parsnips; washed and peeled
- 1 cup carrots; washed and peeled
- 1 cup turnips; washed and peeled

Dressing

- 1/4 cup lime juice
- 1/2 teaspoon lime zest; grated
- 1 teaspoon sugar
- 1/4 teaspoon chili powder
- 1 Tablespoon olive oil

Directions

1. Combine romaine lettuce and cilantro and divide onto 4 plates.
2. Cut parsnips, carrots and turnips into 1-inch pieces and place into 1 quart of boiling water.
3. Return water to simmer, cook vegetables for 2 minutes then drain.
4. Mix ingredients for the dressing right before use.
5. Place hot vegetables on top of greens and top with homemade dressing.

Yields 4 servings

Nutrition Facts per Serving:
Total Calories 124; Total Fat 6g, Saturated Fat 1g;
Cholesterol 2mg; Sodium 220mg; Carbohydrates 16g,
Dietary Fiber 3g, Total Sugars 7g, Added Sugars included
1g; Protein 2g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/harvest-vegetable-salad

**Find more recipes
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