



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Parsnip

In season:



**Fall and
Winter**

**Preserve it
to enjoy year
round!**

Pressure Canner

1. Prep

- Fill canner with 2-3 inches water. Warm
- Wash, remove tops and slice parsnips
- Boil in water for 5 minutes

2. Pack

- Fill jars with hot parsnips and water
- Leave 1-inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

- Fill canner and process
- » Pint: 30 minutes
 - » Quart: 35 minutes
 - » Altitudes above 1,000 feet require adjustments in PSI

Feet Above Sea Level	Pounds of Pressure	
	Weighted-Gauge	Dial-Gauge
0-1,000	10	11
1,001-2,000	15	11
2,001-4,000	15	12
4,001-6,000	15	13
6,001-8,000	15	14
8,001-10,000	15	15

Freezing

Process: Water Blanch

- Select firm, small/medium parsnips
- Wash and peel
- Cut into ½ inch cubes
- Blanch for 2 minutes
- Cool in cold water
- Drain
- Pack into freezing containers leaving ½ inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Select crisp, tender parsnips
- Wash, remove tops and cut into ¼ to ½ inch thick pieces
- Blanch for 2-3 minutes in water
- Set dehydrator to 140 degrees Fahrenheit
- Arrange strips in single layer on drying racks
- Dry 8-10 hours
 - » Dried parsnips work well in soups



Tips/Tricks:

Parsnips are a good source of vitamin C. They have a sweet and nutty flavor with a celery-like aroma.

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

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