



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Parsnip

Lakota: p̣ǎŋgí háŋska



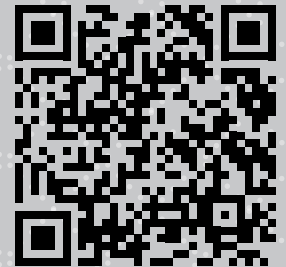
Pick it!

Pick firm and dry
parsnips. Store in
unsealed bag in
refrigerator for 3
weeks or longer.

Try it!

Can be used
much like
carrots and
other root
vegetables.

Like it!



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

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Parsnip

Lakota: p̄hą́gí háńska

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.



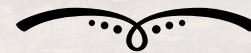
Try it!

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

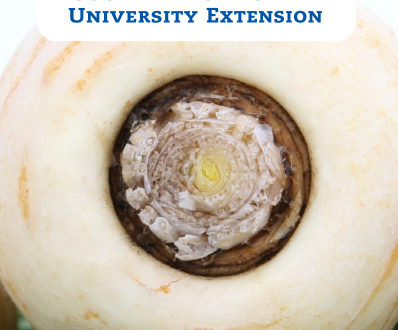
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and videos at
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Parsnip

Lakota: p̣ḥangí hạ́nska

- Parsnips look like cream-colored carrots.
- 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 refrigerated in an unsealed bag for 3 weeks or more.
- Parsnips are used like carrots and other root vegetables.
- Slice or chop, season and roast at 350 degrees Fahrenheit until soft, about 1 hour.
- Simmer parsnips and carrots in water for 2 minutes, strain and add to fresh salads.

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Mashed Parsnips

Ingredients

- 4-5 parsnips; washed, peeled and chopped
- 1 Tablespoon salt
- 2 Tablespoons butter
- $\frac{1}{8}$ - $\frac{1}{4}$ cup soy milk
- 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, soy milk, 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

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

- $\frac{1}{4}$ cup lime juice
- $\frac{1}{2}$ teaspoon lime zest; grated
- 1 teaspoon sugar
- $\frac{1}{4}$ 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



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Parsnip

Lakota: p̃hangí hánska

In season:



Fall and
Winter

Sampling Display Instructions

Mashed Parsnips

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Parsnips, washed, peeled and chopped (½ inch slices)	4-5 parsnips	6-7 parsnips	8-9 parsnips
Salt	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Butter	2 Tablespoons	3 Tablespoons	4 Tablespoons
Soy milk	¼ cup	⅓ cup	½ cup
Garlic, chopped	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Black pepper	To taste	To taste	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, soy milk, garlic and pepper.
5. Transfer to a heated slow cooker for transport.

Materials needed:

- Table, chair and tablecloth
- Garbage can/plastic sack
- Paper towels/wet wipes, plastic gloves, hand sanitizer
- Small cups, plastic spoons
- Measuring spoons for serving
- Pick It! Try It! Like It! Preserve It! sign as a table tent and fact sheet or recipe cards
- Allergy Alert sign for table
- Recipe video (optional) youtube.com/watch?v=1Zaw-i7RZSg8



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time on small cups, provide spoons. Ask parent's permission before giving children a sample.
- Ask if they use parsnips in their meals or if they would use parsnips or this recipe now?
- Remind them that this recipe could be great as a side to beef, chicken or pork.
- Lakota word translated by Jeshua Estes.

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Parsnip

In season:



**Fall and
Winter**

Lakota: p̄hangí hánska

Sampling Display Instructions

Harvest Vegetable Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Romaine lettuce; washed and chopped	1 cup	1 1/3 cups	2 cups
Cilantro leaves; washed and chopped	1/2 cup	2/3 cup	1 cup
Parsnips; washed and peeled	1/2 cup	2/3 cup	1 cup
Carrots; washed and peeled	1/2 cup	2/3 cup	1 cup
Turnips; washed and peeled	1/2 cup	2/3 cup	1 cup
Lime juice	2 Tablespoons	2 Tablespoons plus 2 teaspoons	4 Tablespoons
Lime zest; grated	1/4 teaspoon	1/4 teaspoon	1/2 teaspoon
Sugar	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Chili powder	1/4 teaspoon	1/4 teaspoon	1/2 teaspoon
Olive oil	1 1/2 teaspoons	2 teaspoons	1 Tablespoon

Directions:

1. Combine lettuce and cilantro. Place in a bowl with lid for transport.
2. Cut parsnips, carrots and turnips into 1/4 inch pieces and place into 1 quart of boiling water.
3. Return water to simmer, cook vegetables for 2 minutes then drain. Place in a heat safe dish with lid for transport.
4. Mix ingredients for the dressing right before serving.
5. To serve-place 1 Tablespoon of greens and 1 Tablespoon of vegetable mixture into sampling cup/plate, top with dressing.

Materials needed:

- Table, chair and tablecloth
- Garbage can/plastic sack
- Paper towels/wet wipes, plastic gloves, hand sanitizer
- Small plates, plastic forks
- Measuring spoons for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe cards
- Allergy Alert sign for table
- Recipe video (optional)
[youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



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