



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Parsnip

**In season:**



**Fall and  
Winter**

*Lakota: p̄hangí hánska*

## Lesson Plan

### Objectives

Participants will:

- identify parsnips as a vegetable from MyPlate.
- compare parsnips and carrots.
- increase knowledge in the selection, storage and use of parsnips.
- demonstrate the use of parsnips in a recipe.

### Items Needed for the Lesson

- Visual of or actual parsnip to show shape and color
- MyPlate poster
- Vegetable Subgroups visual
- Parts of a Plant visual
- Vegetable brush
- Ruler

### Handouts or Take Home Items

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

### Recipe Choices

- Mashed Parsnips
- Harvest Vegetable Salad

### 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

### Supplies for Parsnip Lesson

- Mashed Parsnips
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Liquid measuring cup
  - » Pan
  - » Colander
  - » Potato masher
  - » Stove or electric burner
- Harvest Vegetable Salad
  - » Vegetable peeler
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Liquid measuring cup
  - » Saucepan
  - » Colander
  - » Small bowl
  - » Fork
  - » 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"> <li>• People used to think these would relieve toothache pain.</li> <li>• In ancient Europe, these were used for animal feed, especially for pigs.</li> <li>• Before sugar was easy to get in Europe, these were used to sweeten jams and cakes.</li> <li>• They are related to carrots.</li> </ul> <p>(Answer: Parsnips.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of parsnips.</li> </ul>
<p>How many of you have seen a parsnip before?</p> <p>What do parsnips look like?</p> <p>A parsnip looks like a white carrot. Parsnips can grow up to 20 inches long and can weigh more than 1 pound. They smell somewhat like celery.</p> <p>Parsnips are related to carrots and, like carrots, are a vegetable.</p>	<ul style="list-style-type: none"> <li>• Do a show of hands and allow discussion.</li> <li>• Show a visual or if possible, an actual parsnip pointing out the shape, color and fragrance.</li> </ul>
<p>There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure we are eating vegetables from each of these groups because each have different vitamins and nutrients in them.</p> <p>Do you know what subgroup parsnips are in?</p> <p>(Answer: Starchy.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Show the Vegetable Subgroups visual.</li> </ul>
<p>Different vegetables come from different parts of the plant. They may be the stem, fruit, seed, root, leaf or flower. What part of the plant do you think parsnips are?</p> <p>(Answer: Root.)</p> <p>Do you know why plants need roots?</p> <p>(Answer: The roots provide support by anchoring the plant. Roots also absorb water and nutrients for the plant and store sugars and carbohydrates.)</p>	<ul style="list-style-type: none"> <li>• Show the Parts of a Plant visual.</li> <li>• Call on participants who would like to answer.</li> </ul>

What You Say:	What You Do:
<p>Parsnips are a cold weather root vegetable. They are considered a winter vegetable because the flavor of parsnips is not fully developed until they have been left in the ground in cold temperatures for 2-4 weeks. During this time, the starch in the parsnip changes to sugar and they get a sweet flavor.</p> <p>Many gardeners leave parsnips in the ground for the whole winter and harvest them in the spring.</p>	
<p>If we are buying parsnips at the grocery store or farmers market, what should we look for? (Answer: Pick parsnips that are firm, dry and mostly smooth. Do not buy parsnips that have moist spots or that are brown around the core, which is where the tops were attached.)</p> <p>Even though parsnips can grow up to 20 inches in length, smaller parsnips are more tender. Choose those that are about 8 inches long.</p>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> <li>• Show a parsnip with good qualities.</li> <li>• Use a ruler to help visualize 8 inches.</li> </ul>
<p>How do you think we should store parsnips? (Answer: In the refrigerator.)</p> <p>Store parsnips in the refrigerator in an unsealed bag. If the tops are attached when you purchase parsnips, remove them before putting the parsnips in the refrigerator. They will last for 3 weeks or longer.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
<p>What should we do before we prepare parsnips? (Answer: Wash them.)</p> <p>Scrub parsnips with a vegetable brush and rinse with cool running water.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Show a vegetable brush.</li> <li>• Refer to Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>How can we eat parsnips? (Possible answers: Baked, boiled, steamed, microwaved, roasted, in soup, etc.)</p> <p>Parsnips can be used like carrots and other root vegetables.</p>	<ul style="list-style-type: none"> <li>• Allow discussion of how participants have eaten parsnips.</li> </ul>

What You Say:	What You Do:
<p>Some ways to prepare parsnips are:</p> <p><b>Grate</b> – Grate parsnips and use in coleslaw.</p> <p><b>Bake</b> – Put whole or cut up parsnips in a baking dish. Cover. Bake for 20-30 minutes at 350 degrees Fahrenheit.</p> <p><b>Boil</b> – Place cut up parsnips into a pan of boiling water. Simmer until tender, about 15 minutes.</p> <p><b>Roast</b> – Chop parsnips, drizzle with olive oil and seasonings. Roast at 400 degrees Fahrenheit until crisp, about 20-30 minutes. They can be roasted with other vegetables.</p>	
<p>Why would we want to eat parsnips? (Answer: Parsnips are a good source of folate, potassium, fiber and vitamin C.)</p> <p>Vitamin C helps our cuts and bruises to heal and helps keep our gums healthy. Fiber helps to keep our digestive system healthy.</p>	<ul style="list-style-type: none"> <li>• Refer to Parsnip Nutrition Information sheet.</li> </ul>
<p>MyPlate shows us how to eat healthier. As the MyPlate diagram shows, we should be filling ½ our plates with fruits and vegetables. Depending on your age and gender, one should be eating between 1-4 cups of vegetables each day.</p> <p>One cup of parsnips counts at 1 cup from the MyPlate vegetable group.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate diagram.</li> <li>• Refer to the Daily Recommendations visual for specific age groups.</li> <li>• Show a 1 cup measure.</li> </ul>
<p>Are you ready to try a recipe using parsnips?</p> <p>What is the first thing that we need to do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>



= for adults or older youth



# 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 are going to be making Mashed Parsnips. Let's read through the recipe together before we begin.	<ul style="list-style-type: none"> <li>• Pass out the recipes. Read aloud with participants.</li> </ul>
What do we need to do to the parsnips before cooking them? (Answer: Wash them.)  We can use a vegetable brush to clean the parsnips or we can scrub the parsnips with our hands.	<ul style="list-style-type: none"> <li>• Review Washing Fruits and Vegetables skill sheet.</li> <li>• Show a vegetable brush.</li> </ul>
The parsnips will be placed in a pan and covered with water.  Next the salt will be added, and the water brought to a boil.  What does the cooking term "boil" mean? (Answer: To heat liquid until bubbles break continually on the surface.)	<ul style="list-style-type: none"> <li>• Review Stove Top Safety skill sheet.</li> <li>• Call on someone who would like to describe "boil."</li> </ul>
We will be adding 1 Tablespoon of salt to the water.  Salt is one thing we need to watch in the foods we eat. Our bodies do need salt, but too much can lead to high blood pressure and possibly cardiovascular disease.  According to the American Heart Association, individuals age 14 and older should limit sodium intake to 2,300 mg per day (about 1 teaspoon). Individuals who already have high blood pressure should limit sodium intake to 1,500 mg per day. Source: <a href="#">American Heart Association</a>  Sodium is in many foods we eat and can be especially high in boxed meals, canned soups and vegetables. It is important to check the nutrition facts for sodium. If the daily value for sodium is higher than 20%, that means it is high in sodium. Look for foods that are 5% or lower in sodium.  Use herbs and spices to season foods at home. Today we are using pepper and garlic. You can get creative with cooking and find different flavor combinations that you and your family like.	
After boiling until soft, we will drain the parsnips using a colander.  Draining well will prevent the parsnips from being watery.	
We can then mash and season the parsnips.  We will be adding some milk to the parsnips. How do we measure milk? (Answer: With a liquid measuring cup.)  To mash we can use a potato masher. What other kitchen tools might we use to mash the parsnips? (Possible answers: A fork, a hand mixer, etc.)	<ul style="list-style-type: none"> <li>• Review Measuring Liquid and Dry Ingredients skill sheet.</li> <li>• Show a potato masher and demonstrate how to use it.</li> <li>• Allow discussion of kitchen tools for mashing.</li> </ul>

# Use this page if you are going to prepare Harvest Vegetable Salad

## Equipment List

- Vegetable peeler
- Knife
- Cutting board
- Measuring spoons
- Liquid measuring cup
- Saucepan
- Colander
- Small bowl
- Fork

What You Say:	What You Do:
Today we are going to be making Harvest Vegetable Salad.  Let's read through the recipe before we begin.	<ul style="list-style-type: none"> <li>• Pass out the recipes. Read aloud with participants.</li> </ul>
<p>The parsnips, carrots and turnips need to be peeled and chopped.</p> <p>What do we do to them even before this step? (Answer: Wash them.)</p> <p>Root vegetables are grown in the ground, so they need to be washed thoroughly. We can use a vegetable brush to clean them.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Show a vegetable brush.</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>We will boil the water and then add the vegetables. What does the cooking term "boil" mean? (Answer: To heat a liquid until bubbles break continually on the surface.)</p> <p>The vegetables are then going to simmer. What does the cooking term "simmer" mean? (Answer: To cook slowly in liquid over low heat. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.)</p>	<ul style="list-style-type: none"> <li>• Review Stove Top Safety skill sheet.</li> <li>• Call on participants who would like to answer or describe boil and simmer.</li> </ul>
<p>To measure the lime juice, what kind of measuring cup should we use? (Answer: A liquid measuring cup.)</p>	<ul style="list-style-type: none"> <li>• Review Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
<p>All of the dressing ingredient will be mixed together.</p> <p>How can we mix these ingredients? (Possible answers: Use a fork, spoon, whisk or shake them together in a bag.)</p>	<ul style="list-style-type: none"> <li>• Allow discussion of ways to mix the dressing.</li> <li>• Show some ways to mix the dressing.</li> </ul>
The vegetables will be served on a plate lined with lettuce. This adds another vegetable.	
MyPlate shows us that we should be filling ½ our plate with fruits and vegetables. Depending on your age and gender, we should be eating between 1-4 cups of vegetables each day. This recipe can help us to meet that recommendation.	<ul style="list-style-type: none"> <li>• Point to the MyPlate visual.</li> <li>• Refer to the Daily Recommendations visual for specific age groups.</li> </ul>

## 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)
<b>Parsnips, sliced and cooked</b>	½ cup, 78 g	55	2.8	0%	10	286	45
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	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)

# Parsnip Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/harvest-vegetable-salad](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/harvest-vegetable-salad)

## Clues

- [barbarajeanhicks.com/par-snippet-parsnips-fun-facts/](https://barbarajeanhicks.com/par-snippet-parsnips-fun-facts/)

## Information

- [ucanr.edu/sites/Nutrition\\_BEST/](https://ucanr.edu/sites/Nutrition_BEST/)
- [extension.illinois.edu/veggies/parsnip.cfm](https://extension.illinois.edu/veggies/parsnip.cfm)
- [montana.edu/extension/nutrition/nutrition-cooking-culture/documents/ParsnipFFS.pdf](https://montana.edu/extension/nutrition/nutrition-cooking-culture/documents/ParsnipFFS.pdf)
- [eatfresh.org/discover-foods/root-vegetables](https://eatfresh.org/discover-foods/root-vegetables)
- [fruitsandveggies.org/fruits-and-veggies/parsnips/](https://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](https://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](https://myplate.gov)

## Lakota translation

- Translated by Jeshua Estes

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SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Parsnip

*Lakota: p̃haŋgí 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.



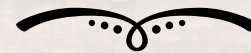
## Try it!

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](http://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](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/harvest-vegetable-salad)

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