HARVEST of the MONTH

December

PARSNIPS

HEALTH BENEFITS

• Even though it looks like a white carrot, the nutritional profile and flavor of parsnip is quite different.

• Rich in vitamin C, E, D, zinc, beta-carotene and omega-3-fatty acids, parsnips are helpful in preventing macular degeneration -- an eye problem a lot of people over 60 deal with.

• Manganese, found in parsnips, supports enzymes involved in digestion, so it improves your digestion and gut health, wound healing and antioxidant function.

SNACKING + COOKING TIPS

• You can eat parsnips raw, such as shredding them into a salad, or cooked. Cooking brings out their natural sweetness.

• It is not necessary to peel parsnips before consuming them.

• Parsnips can be roasted with other root vegetables like beets, potatoes, carrots, and sweet potatoes.

SHOPPING + STORAGE TIPS

• The best season to look for parsnips is in fall and early winter. The roots should be white/cream color and firm. Avoid choosing ones that are rubbery, cut, or broken.

• Store parsnips loosely wrapped in the refrigerator and wash before use. Check them periodically and use ones that have bad spots. Parsnips can store for 4-6 months.