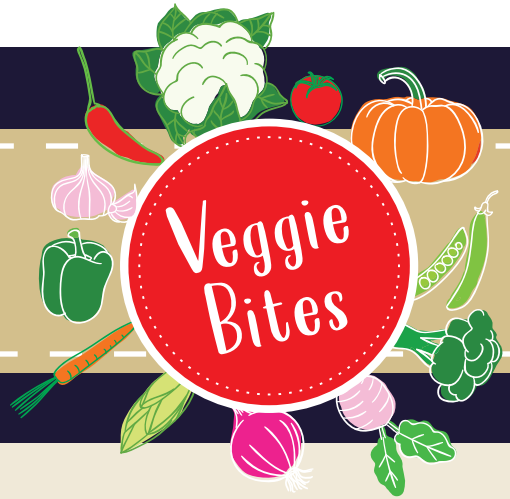


Parsnips Chirivia



Try It!



Selection

When purchasing parsnips they will range in color from pale yellow to an off-white. Parsnips can grow up to 20 inches but the best ones for quality taste, and the most tender, should only be about 8" long. The root should be firm and fairly smooth. Avoid purchasing parsnips that have an overabundance of hair-like rootlets and have moist spots.

Uses

Parsnips can be baked, boiled, microwaved or steamed. Steaming is the best way to prepare parsnips as it tends to bring out the sweetness without making them mushy. Parsnips are also tasty if added to soups and stews, or add nutmeg, ginger, mace, or cinnamon.

GLAZED ROOT VEGETABLES

Ingredients

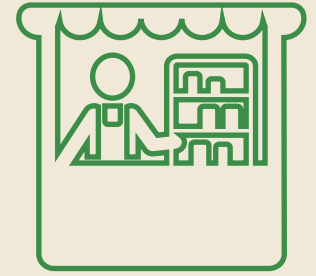
- 1 1/2 cups water
- 1/2 cup onions, cut into 1-inch pieces (or pearl onions)
- 1/2 cup carrots, cut into 1-inch pieces (or baby carrots)
- 1/2 cup parsnips, cut into 1-inch pieces
- 1/2 cup new potatoes, cut into 1-inch pieces
- 2 teaspoons sugar
- 1 teaspoon olive oil

Instructions

1. In a saucepan, add the water, onions, carrots, turnips and potatoes.
2. Simmer uncovered over medium heat until vegetables are tender, about 15 minutes.
3. Drain and sprinkle with sugar and olive oil.
4. Turn up the heat and continue to cook, shaking the pan until the vegetables are glazed and slightly golden.
5. Transfer to a serving dish and serve immediately.
6. Any type of root vegetable works well in this side dish. For variety, try sweet potatoes, turnips, or rutabagas.

History & Fun Facts

Parsnips originated in Europe and Western Asia. They were introduced to the West Indies in the 1500's and made their way to North America in the early seventeenth century. In Europe the parsnip was an important part of the diet, especially among the poor, before it was replaced by the potato almost three centuries later. The parsnip was also important in Europe because it was a staple of Catholic meals when meat was not allowed. In America the parsnip's popularity was spread by the Native Americans, who planted them frequently. The Hollow Crown variety was a common parsnip grown pre-1850.



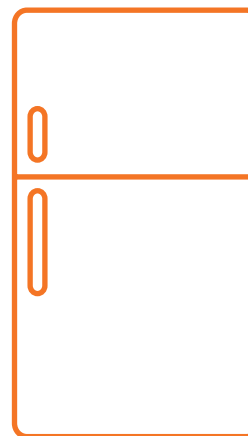
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Scrub firmer produce with a brush so as to ensure that all debris is removed.
- Rinse all produce under cool running water, do not soak in standing water.
- Dry produce with a clean cloth or paper towels to eliminate bacteria.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Sodium free
- _____ Good source of fiber
- _____ Good source of Vitamin C



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>

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