Parsnips are a cold-weather root vegetable that resembles a top-heavy, ivory-colored carrot. In fact, the carrot and the parsnip are relatives. Frost converts some of parsnip’s natural carbohydrates into sugar, so they taste sweeter after frost. Parsnips have a mild celery-like fragrance and a sweet, nutty flavor.

Before the potato was introduced in the 1700’s, the parsnip was the most prominent root vegetable in Europe.

Parsnips can grow up to 20 inches long; they are more tender when shorter.

**Nutrients found in Parsnips**
- Parsnips are a good source of potassium, which helps promote bone development.
- The vitamin C in parsnips helps the body’s immune system, which is what keeps you feeling your best.
- Parsnips are a good source of fiber. Eating foods with fiber helps promote a healthy weight.
- Parsnips are an excellent source of folate, a nutrient that is important for healthy pregnancies and the creation of red and white blood cells.

Parsons are in season from July to December in Oregon.

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