

FARM FRESH HARVEST OF THE MONTH



GEOGRAPHIC LOCATOR

Harvest of the Month Parsnips for November come from Hilltop Farm in Troutdale, OR.

PARSNIP RECIPE

2 pounds farm fresh parsnips peeled and cut into equal pieces. Steam until tender (about 5-7 minutes) and toss with 2 Tablespoons melted browned butter, salt and freshly ground pepper and chopped parsley.

PARSNIP FACTS

- Parsnips are a long, white root vegetable that grows underground. Parsnips look like a white version of their relative: the carrot. Parsnips are also related to parsley and celery.
- Parsnips are high in Vitamin C, Potassium and Fiber. A Parsnip is more nutritious than it's relative the carrot. Potassium helps your muscles work smoothly and keeps your kidneys working best.
- We roast or bake Parsnips to bring out their sweet flavor. Parsnips can also be cooked in soups and stews. We can mash parsnips like mashed potatoes or puree them into a soup. Some people even eat parsnips raw.
- Parsnips grow best in a cooler climate and need a period of cool weather and even a frost before they are harvested. Oregon's cool spring and fall, make this is a great place to grow parsnips.
- Parsnips first grew in the Mediterranean and were widely used by the Greeks and the Romans as a food and as a medicine.
- Parsnips were a staple crop in Europe in the mid-sixteenth century. A staple crop is a food that is easy to grow, high in energy (calories) and makes up a large part of a traditional diet. Other staple crops around the world include potatoes, wheat, corn and rice.
- A parsnip is a biennial plant. That means that its life cycle is two years long. In the first year a parsnip seed grows into the long, white underground root that we eat. In the second year of the plant's life it produces flowers, and then seeds, on the green leaves that grow above ground. These seeds are then planted to grow more parsnips.

ACTIVITY

Get To Know Your Roots

FOR GRADES K-2

Materials:

- Pictures of root vegetables
- Drawing paper
- Crayons or markers
- Assorted vegetables

We eat the roots of plants! The roots of a plant 'drink' needed water and nutrients from of the soil. A root vegetable has an extra large root that 'drinks' from the soil but also stores sugar and food for the plant. Root vegetables are very common in our diet, but we don't always think about them as plant roots.

Procedure:

- 1) Ask your students to think of different root vegetables we eat and list them on the board. A good hint is that the roots—the part we eat of these plants—grow underground. Root vegetables include: parsnips, carrots, turnips, radishes, kohlrabi, horseradish, beets, rutabaga and jicama.
- 2) If possible, show pictures of various root vegetables.
- 3) Ask students to draw and label these root vegetables, especially as they grow in the ground.
- 4) Hang the colorful vegetables around the classroom.