



**Thought
Foodness**

TM

**Featuring
Parsnips**

WEST VIRGINIA HARVEST™



Did You Know?

Parsnips

Where I grow best:

Parsnips love to soak up the sun in open, sunny spots! They grow best in light, well-drained soil and need space to stretch out their roots. If the soil is too heavy or soggy, they won't be as happy.

My Nutritional Superpowers include:

Parsnips are like little fiber powerhouses! Just one cup gives you 6.5 grams of fiber — that's 26% of what you need to stay strong and healthy every day

I taste great in meals like:

Roasted Parsnips, Parsnip and Cauliflower Soup, Parsnip and Maple Syrup Cake.

You can find **Parsnips** in local grocery stores and markets in **West Virginia** year-round but are they are the best **Fall-Spring!**



WEST VIRGINIA HARVEST™

Recipe Spotlight

Roasted Parsnips

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Preheat oven to 400 degrees F.
2. Peel parsnips and cut into 1-inch chunks. Toss with oil, herbs and salt in a large bowl. Spread out on a large rimmed baking sheet in a single layer.
3. Roast, stirring once or twice, until the parsnips are tender in the center and browned in spots on the outside, 25 to 35 minutes.
4. Transfer to a platter or plates and garnish with parsley.

What you will need:

- 2 pounds parsnips
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoon of Italian seasoning or other dried herb mix
- 1 teaspoon kosher salt
- chopped parsley for garnish



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.

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Harvest a healthier you!



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There's more to discover at wvharvest.com/thoughtfoodness

