

Parsnip

Look: Parsnips have a long taproot that varies in skin color from a yellow-beige to a bright white. The parsnips leaves resemble celery leaves.

Taste: Parsnips taste sweet with a slightly nutty flavor.

Touch: Parsnips have a smooth skin and when peeled feel like the inside of a potato!



Parsnips were used to make food taste sweet before sugarcane!



Did you know?

The tapered root of a parsnip can grow up to a foot long!



Nutritionals

vitamin C

vitamin K

Folate