Labatt Produce

Fresh Fruit & Vegetable Program
Nutritional Education

PARSNIPS



Parsnips, a root vegetable similar to carrots, have a sweet, nutty flavor, are a good source of nutrients, and were once used as a sweetener and even money in ancient times. They have a natural sweetness that intensifies after the first frost, as starches convert to sugars.

Parsnips are rich in fiber, vitamins C and E, folate, and manganese.

In medieval times, parsnips were believed to have medicinal properties, used to treat toothaches

