



# FAMILY NEWSLETTER

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## 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.

## HEALTHY, FIT & READY TO LEARN

- Dancing is a great form of exercise! Put on some lively music and dance around the house with your family!

## GROWN IN OREGON

Parsnips germinate in relatively cool soil and take up to six months to mature. Oregon springs are perfect for planting parsnip seeds. They sweeten after they are touched by frost, so our cool autumns make for particularly delicious parsnips.



## LIVING AND EATING GREEN

Make a safe, homemade shower cleaner. Combine 3/4 cup baking soda, 1/4 cup castile soap, 1 tablespoon water, a few drops of essential oil (optional). Use it as you would a store-bought cleaner.



## JUST FOR KIDS

Try a root vegetable taste test at home. Let your kids help with the preparation. Cut a parsnip, a sweet potato, a carrot, and a beet into 4" sticks. Place them on a cookie sheet and drizzle with olive oil and a pinch of salt. Roast in the oven at 450° F until they start to crisp. After they have cooled a bit, have everyone in the family try each one and vote for their favorites. You might find a new vegetable favorite for family dinners!



# YOUR OREGON KITCHEN

## QUICK AND EASY

- Toss thinly sliced parsnips with olive oil and a little salt. Roast at 400 degrees in one layer on a cookie sheet until crisp.
- Shredded parsnips can be used in place of carrots or zucchini in baked goods.
- Substitute in a few parsnips when making mashed potatoes.
- Try using parsnip puree in place of butter or oil in baked goods
- Add cubed parsnips to any soup to enhance the flavor and nutrition content.

## PRODUCE POINTERS

- Very large parsnips tend to be over mature and have tough woody cores.
- Parsnips should be firm and fairly smooth.
- Avoid parsnips with soft spots.
- Like carrots, parsnips keep best in a perforated bag in the vegetable drawer of the refrigerator.
- Parsnips can last for several weeks in the refrigerator.
- If the green tops are attached, remove them before storing.

## RECIPE: BAKED ROSEMARY PARSNIP FRIES

### INGREDIENTS:

- 1 lb parsnips, cut into uniform fry-strips
- 2 T oil
- 1 tsp dried rosemary
- ½ tsp salt

### DIRECTIONS:

1. Preheat the oven to 450° F.
2. Toss sliced parsnips in a medium bowl with oil, rosemary, and salt.
3. Spread evenly in a single layer on a rimmed baking sheet.
4. Roast the fries in the oven for 10 minutes and toss. Return to oven for 3-5 minutes, or until tender, slightly browned, and with the edges starting to crisp. Cooking time depends on the thickness of the fries.



### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).