Child Nutrition Program
December 2021 Harvest of the Month Recipe

RUSTIC PARSNIP & POTATO MASH

Parsnips give a delicious and nutritious boost to ordinary potatoes. Non-dairy milk and plant based butter can be substituted for those with dietary restrictions and will be just as delicious.

Ingredients

- 1 lb. of parsnips. Washed and diced into 1 inch cubes
- 1 lb. of yellow potatoes, washed and diced into 1 inch cubes.
- 2 Tbsp. of unsalted butter
- 1/2 tsp. of black pepper
- 2-4 cloves of garlic, peeled
- 4 quarts of water
- 1/2 cup of milk of choice
- Salt, to taste

Optional:
- Chives, washed and chopped for garnish.

Directions

1. Place 4 quarts of water in a large pot and place on stove.
2. Place potatoes, parsnips and garlic cloves into pot of water. Set to medium high heat and bring to a boil.
3. When pot starts to boil, reduce heat to medium and cook 20-30 minutes until potatoes and parsnips are tender.
4. Drain potatoes and parsnips. Put into heat safe bowl.
5. In a small saucepan, warm milk and butter just until butter melts.
6. Add warm milk and butter mixture and mash. (These are rustic, and will not be completely smooth).
7. Add salt and pepper to taste.
8. Garnish with chives and enjoy!
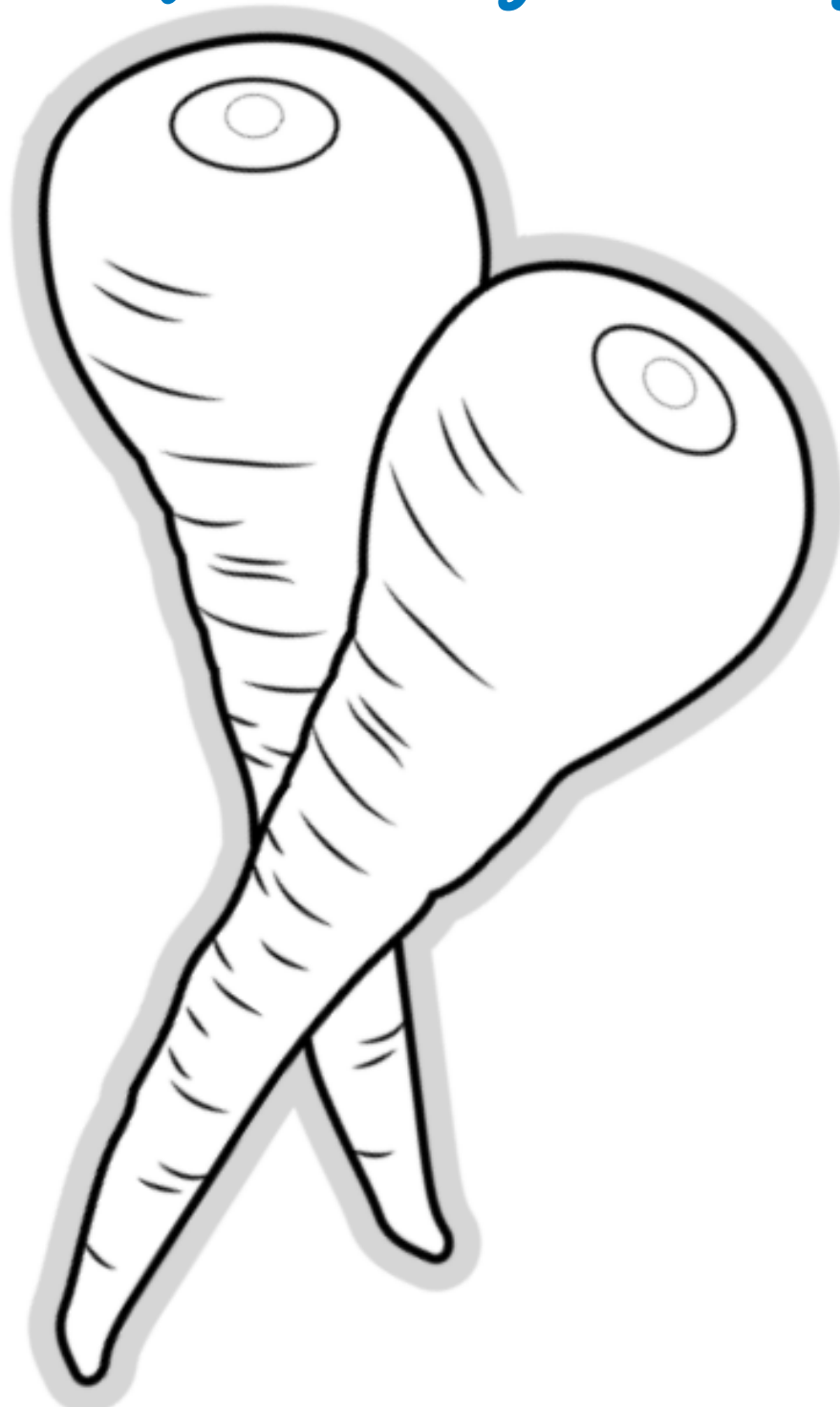
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Parsnip
Varieties

Harris Model

This variety is popular with home gardeners. It has smooth white skin, straight roots. and a sweet flavor.

All American

This variety is tender, has a sweet, nutty flavor and grows fast during the fall.

Cobham Marrow

These are one of the sweetest varieties! They are excellent roasted and glazed and are often used in desserts.

Fast Facts

Parsnips were cultivated in Europe, about 100 years before the potato!

Parsnips were brought to the America's by English colonists in the 17th century.

Parsnips are a root vegetable that thrive in colder weather. They are an excellent addition to cold weather staples like soups and stews.

Cook parsnips with the skin because most of the vitamins and minerals are found close to the skin.

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.

IDEA Elsa	IDEA Rundberg	IDEA Eastside
IDEA Edgemere	IDEA San Benito	IDEA Quest
IDEA Donna	IDEA Monterrey Park	IDEA Horizon Vista

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Parsnip Coloring Activity

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Parsnip Word Search

Directions:
Find the PARSNIP related words in the puzzle.
Words can go in any directions and can share letters as they cross over each other.

PARSNIP	COLD	HARVEST
ROOT	WINTER	VITAMINS
AMERICAN	SWEET	MINERALS
CULTIVATED	SKIN	NUTRITIOUS

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S P D G S N D P N S H A Q Y O D U G Z J
U E E I W R A C S Z L U S Q V L E D T A
O C T G R R S C S Z M A J H X S W F A S
I O A E S D M Z I O S D R H F X H U Y K
T C V N V V V Q S R M T A E A I D K U I
I S I S G R J G Q G E R S L N T O O R N
R P T S W P O P D A V M J G E I X T M H
T N L H N E C S W E P L A M E J M B W T
U I U P R G E R S H B G Y I C X V I J F
N O C M X D K T N G W X B E S V V E X U
S J E D L G X E C D O U E D V V C T W C
V A Q O W I N T E R B V S J X Y E K O U
V M C C T T X F B C N C S O S L Y L T P
S N I M A T I V J U W J L L E O S G U A
P U L H O D M G S A P Z F W E I N C J O
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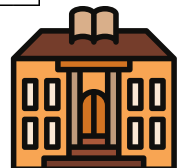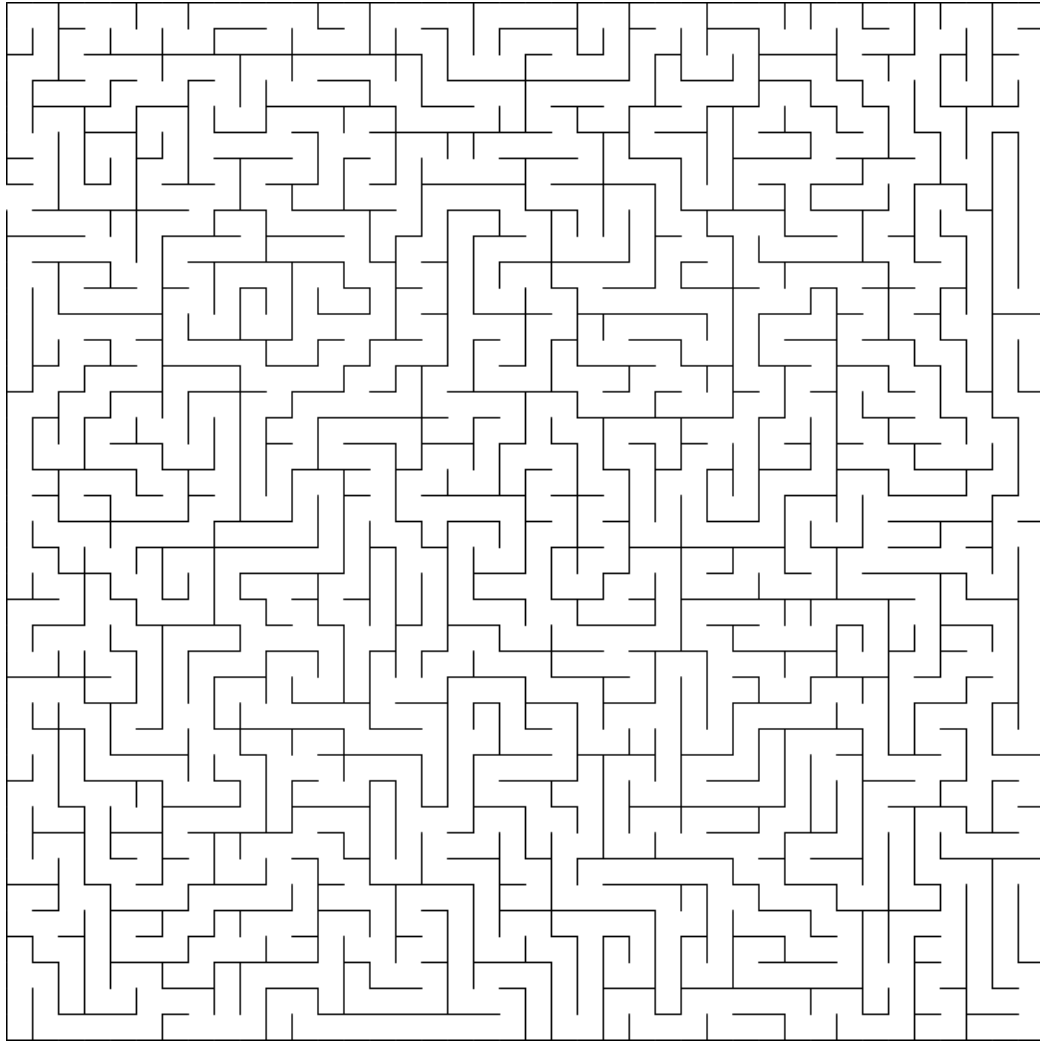This institution is an Equal Opportunity Provider.

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Parsnip Maze

Directions:
Help Pat Parsnip find their way to the library!

START

FINISH

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Parsnip Word Scramble

Directions:
Unscramble the PARSNIP Related Words!

Scrambled Word	Unscrambled Word
1. NSRPIAP	_____
2. OROT	_____
3. LOCD	_____
4. IUATLCDTEV	_____
5. RAHESTV	_____
6. ERCEDBEM	_____
7. IEUIDSOCL	_____
8. TSIRONUUIT	_____
9. PERUOE	_____
10. SIMARECA	_____
11. VRIETIASE	_____
12. WTESE	_____
13. TDAESOR	_____
14. SINK	_____

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