

Parsnips

- Scrub away dirt, remove stem & root ends, and peel.
- Enjoy the same way you would use a carrot. Cut and bake French-fry style, char on the grill, or slice thin and add to a salad.
- Take your time eating (2 weeks-1 month)

Store unwashed in a plastic bag in the fridge.

To freeze: peel and cut into cubes. Steam or parboil 3-5 min, let cool and store in sealed container.

