

Farm-to-Tray

February's Vegetable of the Month

Parsnips

Grown By:

Dagele Brothers Farm



POMPTONIAN
FOOD SERVICE

Dietitian's Corner:

Parsnips are most often harvested in fall and winter months (hence the February Vegetable of the Month); the cooler temperatures and mild ground frosts help these veggies develop their natural sugars. For this reason, parsnips have been used to make sugar alternatives throughout the world since ancient Greek and Roman times.