

# Parsnips

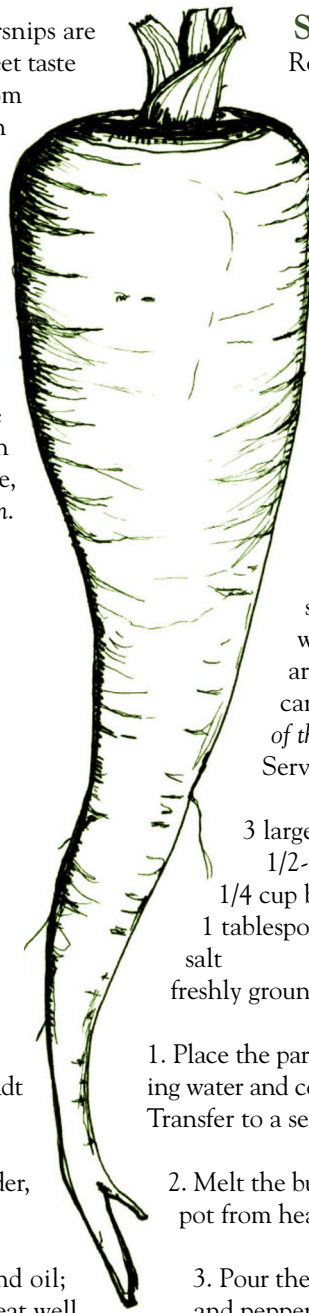
Contrary to appearances, parsnips are not pale versions of carrots. In fact, they have a nutty-sweet taste and a tender-hearty texture that is entirely distinct from carrots. For centuries, parsnips were a more common staple than the potato—and deservedly so. Satisfying, versatile, and highly nutritious, these delicious roots make a terrific base to any meal.

## Spiced Parsnip Cake with Pecans

Move over, carrot cake! The parsnip has arrived and wants some of the action. Good, fresh, firm parsnips have a wonderful, natural sweetness that makes them ideal in baked desserts. This cake is delicious with a traditional glaze or frosting, but if you're running short on time, serve it with a warm fruit compote or applesauce. If you can't find mace, you can substitute 1/8 teaspoon nutmeg. *Friend of the Farm*. Serves 6 to 8

butter for greasing the baking pan  
2 cups flour  
1 tablespoon baking powder  
1 tablespoon baking soda  
2 teaspoons ground cinnamon  
1/4 teaspoon salt  
1/8 teaspoon ground mace  
1 1/4 cups sugar  
3/4 cup butter, softened  
1/2 cup mild-flavored vegetable oil  
4 eggs, at room temperature  
3 cups peeled and grated raw parsnips  
(about 3 large parsnips)  
1 1/2 cups finely chopped pecans

1. Preheat the oven to 325° F. Lightly coat a 10-inch Bundt pan or tube pan with butter.
2. Sift the flour into a large bowl. Stir in the baking powder, baking soda, cinnamon, salt, and mace.
3. In another large bowl, combine the sugar, butter, and oil; beat with an electric mixer until fluffy. Add 1 egg and beat well. Add about a quarter of the flour mixture and beat well. Repeat the process until all of the eggs and flour mixture are used and well combined.
4. Stir in the parsnips and pecans.
5. Pour the batter into the pan and bake until a toothpick inserted near the center comes out clean, about 1 hour.
6. Remove the pan from the oven and set it aside to cool on a wire rack for 10 minutes. Carefully remove the cake from the pan. Serve warm or at room temperature.



## STORAGE

Refrigerate unwashed parsnips in a loosely wrapped or perforated plastic bag for up to two weeks.

## HANDLING

Young parsnips don't need to be peeled. Simply scrub them under running water with a vegetable brush. Peel larger parsnips, and cut out the core if it seems woody. However you slice or chop parsnips, be sure to make all the pieces relatively the same size, ensuring an evenly cooked dish.

## Steamed Parsnips with Sweet Butter Sauce

The parsnip's humble appearance conceals its luscious taste; it needs very little fuss in order to be sweet and delicious. Simply steamed and topped with just a touch of maple syrup or honey, parsnips are irresistibly good. The tender strips in this recipe can be served whole, sliced, or even mashed. *Friend of the Farm*.

Serves 3 to 4

3 large parsnips, sliced lengthwise into 1/2-inch-thick strips  
1/4 cup butter  
1 tablespoon maple syrup or honey  
salt  
freshly ground black pepper

1. Place the parsnips in a steamer basket set over 1 1/2 inches boiling water and cover. Steam for 10 to 15 minutes depending on size. Transfer to a serving bowl.
2. Melt the butter in a small pot over medium heat. Remove the pot from heat and stir in the maple syrup or honey.
3. Pour the butter mixture over the parsnips. Season with salt and pepper to taste.

## A Shareholder

I picked up my last box yesterday and felt so sad to see the season end that I went home and reread some old farm newsletters. My niece was a shareholder also, and she split the box with me. Every time we went to pick it up, she'd open the box and say, "Oh, this was such a good idea!" Getting the box and splitting it with her was like getting a double present: a share of incredible vegetables and another opportunity to get to know her better.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

