

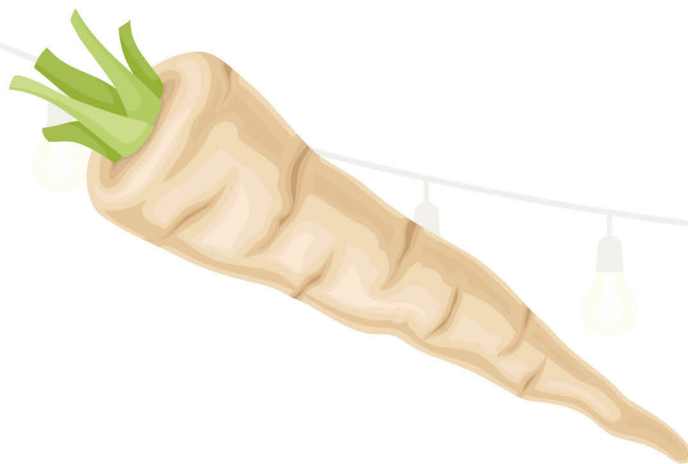


FOOD FESTIVAL

By Aspens



December



Parsnips



Parsnips



Fact
1

Parsnips are a type of root vegetable that belong to the carrot family.

Parsnips are sweet in flavour and is usually served as a cooked vegetable but can also be used in cakes too!



Fact
2



Fact
3

Parsnips have loads of nutrients, including vitamins C and E, folate, manganese and potassium.

People used to eat parsnips to relieve the pain of toothaches and tired feet!



Fact
4



Fact
5

Parsnips have a long season - for 11 months of the year! The new season crop is ready in July.



International Fact

Parsnips were popularly eaten in Ancient Rome, and were sometimes confused with carrots due to similarities in colour at the time.

Parsnips, in Europe, were commonly used to sweeten foods before sugar cane was introduced.



Fact
6

Did you
know?

FOOD FESTIVAL

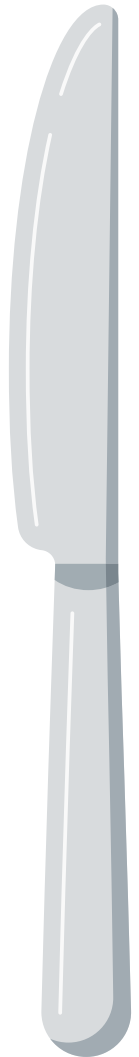
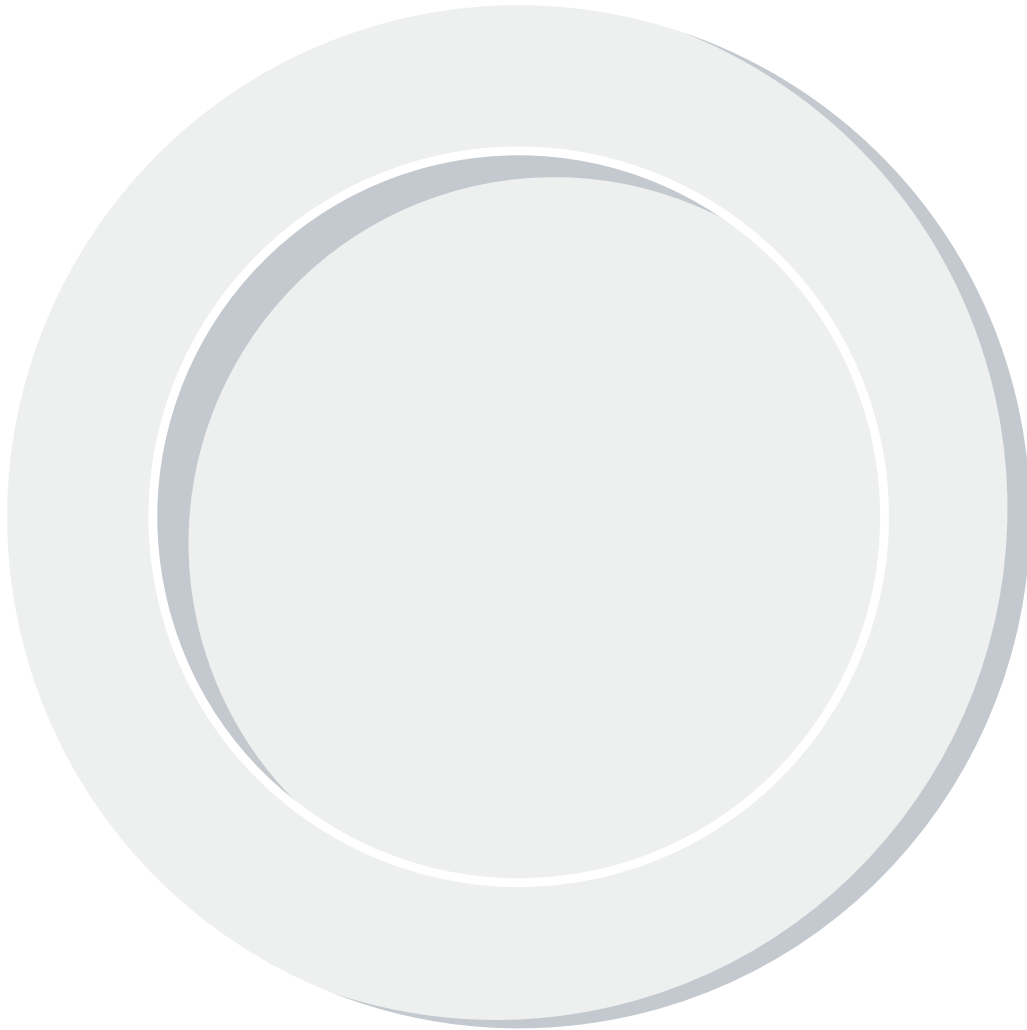
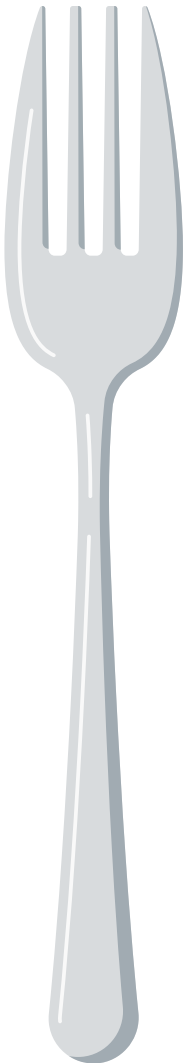
By Aspens

Create your Own Christmas Dinner



Some people are not too keen on the usual turkey and sprouts for Christmas dinner. Here is your chance to design your own!

If it can have a parsnip on there great but remember to try and keep it healthy!



Name:

School Name:

Class:



FOOD FESTIVAL

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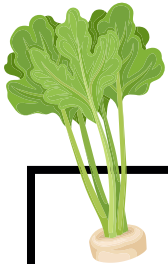
Recipe for Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes PARSNIPS! The winning dish will feature on our menu.



NAME OF DISH

INGREDIENTS



METHOD

Name:

School Name:

Class: