



Winter Vegetable Gardening Tips from Joyce Gemmell

Parsnip

Shaped like a giant carrot, this root crop does well in deep soil, planted in late fall and with fresh seed. Parsnip seed is not long lived and it's best to buy seed each year from a good company. Parsnips are not recommended for heavy soil unless well amended and double dug. They have beautiful foliage and if you like their flavor, a challenge to grow well. Use raised beds for extra depth, a composted manure or a slow release high P fertilizer. Nematodes in the soil will cause them to fork. Fresh manure will do the same. Seed is large enough to space evenly, which reduces a thinning chore. Plant 1 inch apart and thin to 4 - 5 inches in rows 1 1/2 feet apart. They are slow to germinate. Water every five days during the winter if it doesn't rain. Deep soak when plants are up to encourage long straight roots. Harvest in spring before hot weather starts.



Varieties: **All American** (100 days); **Hollow Crown** (100 days). Early varieties are **Hamburg Half Long** (85 days); **Early Sugar** (78 days), a short type for heavy soil. Both varieties are from Stokes.

Nutritional Information...

one 9" root, boiled

Calories	130
Protein	2.1 g
Carbohydrate	31.2g
Total Fat	0.5g
Fiber	0.1g
Vitamin C	21mg
Folate	92.8 µg
Potassium	587mg
Calcium	59mg

(From Pennington and Douglas, 2005. *Bowes and Church's Food Values of Commonly Used Portions.*)

Planting Dates: Coastal region

Seeds can be planted from September to May.

Inland Region

Seeds can be planted from September to March.