



## Nichols Garden Nursery

1190 Old Salem Rd. NE

Albany, OR 97321

Phone: 1-800-422-3985

NicholsGardenNursery.com



**Herbs, Seeds & Goods  
For the Gardener Cook**

**Serving Home Gardeners  
For 65 Years**

**PARSNIP** *Pastinaca sativa*. Contains Vitamins C and lesser amounts of calcium and iron. Plant in early Spring in loose, well drained soil. Work generous amounts of organic matter into the soil especially if your soil is heavy. Heavy clay soil, stones or too much fresh manure will cause them to fork. Harvest in fall after a frost, as they need frost to develop their sweet taste. Any roots that you do not use in fall just leave in the ground, mulch heavy with straw or leaves and harvest through winter and the following spring. Parsnips will withstand freezing when left in the ground and allowed to thaw slowly without air circulation.

**Planting Directions:** Sow seeds 1/2" deep in a rich sandy loam or soil that drains well, after the last frost. When 4" to 6" tall, thin plant 3 to 4" apart. Seeds germinate in 12-14 days with soil temperature of 50° - 70°. Apply mulch after seedlings reach 6" tall to help control weeds, cool the soil and retain moisture. Water deeply when dry. Harvest nutrient rich leaves to eat raw in salads, or steam with greens. Parsnips are ready to harvest in fall but will have better flavor if harvested after some hard frosts .

**History:** Parsnips are believed to be native to the eastern Mediterranean area including the Caucasus. The Roman word for parsnip was *pastinaca*. Parsnip were illustrated in Germany in 1542 and called *Pestnachen*, a German form of the Roman word for parsnip, *pastinaca*. Parsnip was a poor mans food much as potatoes because they were relatively productive and stored for a long time. Introduced into England no later than the 16th century. Colonist brought them with them to Virginia and 20 years later parsnips were very common in Massachusetts. Indians even took to growing parsnip and thus they spread throughout the United States.

### **Planting Info:**

Planting Depth: 1/4 "

Germination Temp: 50°- 70°

Days to Germinate: 12-14

Growing Soil Temp: 55°- 65°

Spacing: 4"

Planting Location: Full Sun

### **Seed Notes:**

Seeds per ounce: Approx. 6000

Seeds per gram: Approx. 210

1 gram packet plants 7 to 10 ft.

8 grams plants 60 to 80 ft.

---

### **ROSEMARY PARSNIP CASSEROLE**

5 Parsnips (about 2 lbs.)

1/4 teaspoon dried rosemary or 1 teaspoon fresh

2 Tbsp. flour

1/4 cup grated parmesan cheese

1 cup half & half cream

1 cup milk

1/2 cup cracker crumbs

1 Tbsps. melted butter

Peel parsnips and cut into even, lengthwise slices. Cook in boiling water 5 minutes or until easily pierced by a fork. Drain. Combine cream and milk. Combine rosemary, flour and Parmesan. Arrange half the parsnips in the bottom of a greased 1 1/2 quart baking dish. Sprinkle half the rosemary, flour, Parmesan mixture over the parsnips. Drizzle with half the cream. Repeat layers. Mix cracker crumbs with melted butter and sprinkle over the top. Bake uncovered in 350 degree oven for 30 minutes. Serves 6-8