

# Parsnip

Vegetable



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Suggested varieties: *Gladiator FI, Tender & True, Turga*

## Vegetable

### PLANT



Sow seed 1cm deep, three seeds every 10-15cm. Thin to leave the strongest plant. Rows 15-30cm apart (more space for larger roots). Deep soil preferred

### GROW



Remove weeds by hand. Water fortnightly in dry weather for steady growth. If left dry for too long, sudden watering or rain can cause the roots to 'split' open

### EAT



Dig up as needed from autumn. Twist off the leaves rather than cutting. Can leave parsnips in the soil over winter until spring. Frost often improves the flavour

### Growing guide

Easy!

### Average time to harvest

From 20 weeks

### Equipment needed

None

### Germination time

10-28 days (can be erratic)

### Average plant size

20cm tall, 10cm wide

### Family group to grow with

*Apiaceae: carrot, celery*

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Vitamin C, fibre, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot