

# Cure Organic Farm Newsletter

Distribution Week #4  
November 11th 2009

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

This newsletter is also  
available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Parsnips-The Ultimate Fall Root

The **parsnip** is a [root vegetable](#) related to the [carrot](#). Parsnips resemble carrots, but are paler than most of them and have a stronger flavor. Like carrots, parsnips are native to Eurasia and have been eaten there since ancient times. Until the [potato](#) arrived from the [New World](#), its place in dishes was occupied by the parsnip and other root vegetables such as the [turnip](#). Parsnips can be boiled, roasted or used in [stews](#), [soups](#) and [casseroles](#). In some cases, the parsnip is boiled and the solid portions are removed from the soup or stew, leaving behind a more subtle flavor than the whole root and contributing [starch](#) to thicken the dish. Roasted parsnip is considered an essential part of [Christmas dinner](#) in some parts of the English-speaking world and frequently features in the traditional [Sunday Roast](#). Parsnips can also be fried, or be eaten raw.

The parsnip originates in the Mediterranean region and originally was the size of a baby carrot when full grown. When the Roman Empire expanded north through Europe the Romans brought the parsnip with them. They found that the parsnip grew bigger the further north they went.

While [folk etymology](#) sometimes assumes the name is a [portmanteau](#) of [parsley](#) and [turnip](#), it actu-

ally comes from a [Latin](#) word for "forked", plus the -nip ending because it was assumed to be a kind of turnip. It is among the closest relatives of actual parsley, which can be bred to develop a very parsnip-like root. The parsnip is richer in [vitamins](#) and [minerals](#) than its close relative the carrot. It is particularly rich in [potassium](#) with



600 mg per 100 g. The parsnip is also a good source of [dietary fiber](#). 100 g of parsnip contains 55 [calories](#).

The easiest way to prepare parsnips is to slice them, steam them, and dress with butter and salt. However, to get the fullest, richest flavor from the parsnips, we encourage you to toss them will olive oil, salt and pepper and roast them. While we love parsnips, they prove to be a real challenge to dig. They are planted deep and grow anywhere from 6 inches to a

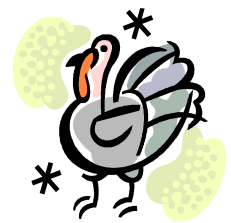
foot. Seeded way back in April, these treasured roots take their sweet time growing. They love the cold weather and have the sweetest flavors after the ground has had several hard frosts. While we are just preparing your taste buds with today's share of parsnips, there will be more to harvest as the Winter Share continues. Hope you enjoy them.

### In your share this week:

- Spinach*
- Potatoes*
- Onions*
- Winter Squash*
- Parsnips*
- Brussels Sprouts*
- Apples*
- Pears*

### Think Thanksgiving Turkey's

Thanksgiving Turkeys will be here next Wednesday, Nov. 18th for pick up.



### Coming Next Week:

- Bok Choy*
- Carrots*
- Onions*
- Winter Squash*
- Apples*
- And so much more....*

# Recipes

## Potato Parsnip Purée

[Gourmet](#) | November 2003

- 1/2 pound parsnips, cut into 1-inch pieces
- 1 pounds russet potatoes, cut into 2-inch pieces
- 1 tablespoon salt
- 1/2 cup heavy cream
- 1/2 stick (1/4 cup) unsalted butter
- 1/4 teaspoon black pepper

Cover parsnips and potatoes with cold water by 1 inch in a 6- to 8-quart pot, then add 1/2 tablespoon salt and bring to a boil, partially covered. Reduce heat and simmer vegetables, partially covered, until very tender but not falling apart, 30 to 40 minutes. Meanwhile, bring cream, butter, pepper, and remaining salt to a simmer in 4-quart heavy pot over moderate

heat. Drain vegetables in a colander. Use electric mixer to beat into cream mixture, then stir to combine well. Enjoy.

## Roasted Carrot, Parsnip, and Potato Coins

[Bon Appétit](#) | December 2009

- Nonstick vegetable oil spray
- 4 medium carrots
- 4 medium parsnips
- 1 pound potatoes
- 1/2 cup olive oil
- 2 teaspoons coarse kosher salt
- 2 teaspoons ground coriander
- 1 1/2 teaspoons ground cardamom
- 3/4 teaspoon freshly ground black pepper
- Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F. Spray 2 heavy large rimmed

baking sheets with nonstick spray. Cut carrots and parsnips into 3- to 4-inch lengths. Slice carrots, parsnips and potatoes into 1/4 inch circles. Add olive oil, 2 teaspoons coarse salt, coriander, cardamom, and freshly ground black pepper to vegetable mixture and toss to coat. Divide mixture between prepared baking sheets. Roast vegetables until tender and golden brown around edges, about 40 minutes. Transfer roasted vegetable coins to large bowl and serve.



## Quinoa with Moroccan Winter Squash and Carrot Stew

[Bon Appétit](#) | January 2006

### Stew

- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 garlic cloves, chopped
- 2 teaspoons Hungarian sweet paprika
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper
- Pinch of saffron
- 1 cup water
- 1 14 1/2-ounce can diced tomatoes,

- 2 tablespoons fresh lemon juice
- 3 cups 1-inch cubes peeled winter squash (from 1 1/2-pound squash)
- 2 cups 3/4-inch cubes peeled carrots

### Quinoa

- 1 cup quinoa
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped peeled carrot
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric
- 2 cups water
- 1/2 cup chopped fresh cilantro, divided
- 2 teaspoons chopped fresh mint, divided

### For stew:

Heat oil in large saucepan over medium heat. Add onion; sauté until soft, stirring often, about 5 minutes. Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients. Add 1 cup water, tomatoes, and lemon juice. Bring to boil. Add squash and carrots. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and chill.)

### For quinoa:

Rinse quinoa; drain. Melt butter with oil in large saucepan over medium heat. Add onion and carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes. Add garlic, salt, and turmeric; sauté 1 minute. Add quinoa; stir 1 minute. Add 2 cups water. Bring to boil; reduce heat to medium-low. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Rewarm stew. Stir in half of cilantro and half of mint. Spoon quinoa onto platter, forming well in center. Spoon stew into well. Sprinkle remaining herbs over.

## Words to Live By

"Our future rests on our being able to take care of our kids and teach them how to take care of the land, how to nourish themselves, and how to gather at the table. That is where our culture is passed on to the next generation."

- Alice Waters

