

Parsnip

Suggested varieties: *Gladiator F1, 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

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