



Parsnip

#AC246 | 20/Lb

Overview:

Parsnips are the unsung heroes of the root vegetable world — pale, sweet, and earthy with a hint of spice. Their creamy white color and smooth texture make them perfect for roasting, mashing, or adding depth to soups and stews. When cooked, they develop a natural sweetness that intensifies in cool weather.

History:

Parsnips have been cultivated since ancient times and were a staple crop in Europe long before the arrival of the potato. Originally native to Eurasia, they were valued for their versatility and ability to thrive in cooler climates. Today, they remain a cold-season favorite, celebrated for their hearty flavor and rustic charm.

Growing Region:

Parsnips prefer rich, well-drained soil and grow best in regions with cool to mild temperatures. They are typically planted in early spring and harvested after the first frost, which enhances their sweetness. Major production areas include parts of the northern United States, Canada, and Europe, where long growing seasons and cool nights create ideal conditions.

Nutrition:

Parsnips are made up largely of water and natural carbohydrates, giving them their signature smooth texture and mild sweetness. They provide small amounts of fiber, potassium, and vitamin C. Their pale color comes from naturally occurring plant compounds that develop as the roots mature underground.

Preparation:



To prepare parsnips, wash and peel the roots, trimming off both ends. They can be roasted, boiled, steamed, or pureed, and they pair beautifully with herbs, butter, and other root vegetables. For a simple preparation, toss sliced parsnips with olive oil and roast until golden and tender. Store fresh parsnips in a cool, dry place or refrigerate them for longer keeping.





Local Empire Apples

#ER078 | 125/Cnt & ER080 | 138/Cnt

Overview:

Empire apples strike a delicious balance between sweet and tart — crisp, juicy, and refreshingly aromatic. With their deep red skin brushed with hints of green and their firm white flesh, they're perfect for snacking, slicing, or baking. Their crunch and balanced flavor make them a crowd favorite from lunchboxes to dessert plates.

History:

Developed in the 1960s at Cornell University in New York, the Empire apple is a cross between two classics — Red Delicious and McIntosh. The result was a variety that combined the sweetness and color of one parent with the tangy flavor and juiciness of the other. Since its debut, Empire has become a staple in orchards across the northeastern United States and beyond.

Growing Region:

Empire apples thrive in cool climates where crisp nights and mild days enhance their color and flavor. They're primarily grown in New York State, but also flourish in regions of the Pacific Northwest, the Great Lakes area, and parts of Canada. The trees produce reliable yields and are well-suited for autumn harvest. These Empire apples are grown in Cornwall VT at Sunrise Orchards.

Nutrition:

Empire apples are mostly water, which gives them their juicy bite. They provide small amounts of natural sugars, fiber, and vitamin C. The red and green coloration of their skin comes from natural plant pigments that develop as the fruit ripens in sunlight.

Preparation:



To enjoy an Empire apple, simply rinse and take a bite! They're excellent eaten fresh thanks to their crisp texture. They also hold their shape well when baked or sautéed, making them a great choice for pies, tarts, and compotes. For storage, keep apples refrigerated to maintain firmness and flavor over time.

