



**Our Everyday Favourites**  
Parsnips are grown here in the UK by British farmers



Grown with maximum respect for the environment with minimum use of pesticides



# British Proud Parsnips

#RootingForVeg



Harvested from August to January



The cut parsnips take only 24-48 hours to process and freeze once harvested, locking in freshness



On average, we need to eat at least one extra portion of veg a day



Research shows that fruit and veg protect us against coronary heart disease



Fruit and veg contribute important vitamins and minerals to our diets