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

British Proud Parsnips
#RootingForVeg

Harvested from August to January

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

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