What is it?
“Cabbage-Turnip”

It tastes and feels like a cross between cabbage and broccoli stems.

How do you eat it?
(peel off the tough outer layer)
- Raw
- Roasted
- Steamed
- Baked
- Boiled
- Grilled
- Mashed
- And more!

Nutrition
- Low in calories
- High in antioxidant compounds
- Contains Vitamin C, Fiber, Potassium, Copper, Manganese

How do you grow it?
- In a sunny, well-drained location
- Plant around 1 to 2 weeks before the last spring frost
- Keep soil cool and moist

When do you harvest?
In late spring to late fall:
Look for a tennis ball size bulb (2 to 4 inches in diameter) with thin, tender, unblemished skin

Store the bulbs in the refrigerator for up to 3 weeks

Planting every 2 to 3 weeks ensures a continuous harvest.
Kohlrabi

Recipes
(soups, salads, stews, fritters, stir-fry…)

Creamed Kohlrabi

Hands-on time: 30 minutes  Time to table: 60 minutes  Serves 4

Ingredients
- 1 kohlrabi
- 1 onion
- 2 cloves garlic (halved)
- 2 tbsp unsalted butter
- ½ cup warm milk
- sea salt
- pepper

Instructions
Bring a medium pot of salted water to the boil. Add the kohlrabi, onion and garlic. Simmer for 15 minutes or until kohlrabi is tender, then drain well. Place the warm vegetables, along with the butter and the milk, in a food processor. Process until just combined, adding a little more milk to get the desired consistency. Season to taste. Return purée to warm pan and heat through as needed.

Nutrition Facts
Servings: 1

Per Serving  % Daily Value*
Calories 122
Total Fat 0.5g  1%
Saturated Fat 0.1g  0%
Trans Fat 0g
Cholesterol 0mg  0%
Sodium 91mg  4%
Potassium 1588mg  34%
Total Carbohydrate 28.1g  9%
Dietary Fiber 16.3g  58%
Sugars 11.8g
Protein 7.7g

Vitamin A 5%  ·  Vitamin C 469%
Calcium 8%  ·  Iron 10%
*Based on a 2,000 calorie diet
Recipe analyzed by verywell

Roasted Kohlrabi

Hands-on time: 10 minutes  Time to table: 45 minutes  Serves 4

Ingredients
- 1.5 lb diced kohlrabi
- 1 tbsp olive oil
- 1 tbsp minced garlic
- salt
- vinegar

Instructions
Sec oven to 450F. Trim ends and slice green skin off kohlrabi, then dice. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. Spread the kohlrabi evenly on a rimmed baking sheet and put into oven and roast for 30 – 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar; probably at the table so the kohlrabi does not get squishy.

Tidbits

▪ Common in Indian cooking
▪ Over 20 different varieties
▪ You can eat the leaves!
▪ Relative of cabbage, cauliflower, & brussel sprouts

http://www.goodwholefood.com/kohlrabi-nutrition/
http://www.vegetables.co.nz/vegetables-a-z/kohlrabi/
http://www.veggiegardener.com/harvest-kohlrabi/
https://bonnieplants.com/growing/growing-kohlrabi/
http://foodfacts.mercola.com/kohlrabi.html
http://www.gracelinks.org/blog/485/real-food-right-now-and-how-to-cook-it-kohlrabi