



Kohlrabi!

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Kohlrabi (pronounced “kole-RAH-bee”) is part of the *Brassica oleracea* species along with cabbage, Brussels sprouts, broccoli and kale.

In German, *kohl* means “cabbage,” and *rabi* means “turnip.” Although it may look unusual with its bulbous, swollen stem and leafy stalks, kohlrabi is easy to grow and provides a crisp texture with a mild, slightly sweet flavor.

Growing

Kohlrabi is a cool-season vegetable that grows best in spring and fall in temperatures between 65 and 75 degrees Fahrenheit. Seeds can be sown outdoors in late April to early May or sown indoors in early April, four to six weeks before transplanting. If growing in the fall, sow standard kohlrabi 60 days before the first frost; giant kohlrabi is sown 90 days before the first frost.

Sow seeds ¼ inch deep and 1 inch apart. Thin plants to 4 inches apart for fresh-market varieties, or 10 inches apart for giant varieties. Kohlrabi grows best in full sun and well-drained soil rich in organic matter. Consistent moisture is important to promote tender bulbs and prevent woody texture.

Harvesting

Harvest fresh-market kohlrabi when the swollen stem is between the size of a golf ball and a tennis ball or reaches 2 to 3 inches in diameter. Most varieties are ready to harvest in 45 to 60 days. If left in the garden too long, the bulb can become tough and fibrous. Cut the stem just above the soil line.

Nutrition

One cup of kohlrabi has about 35 calories, 0 grams (g) fat, 8 g carbohydrate, 2 g protein, 5 g fiber, 93% of your Recommended Daily Allowance (RDA) of vitamin C, up to 18% RDA of potassium and up to 17% RDA of vitamin B6.

Storing and Preserving

Remove the leaves from the bulb before storing. Kohlrabi bulbs can be stored in a plastic bag in the refrigerator for several weeks. For longer storage, keep them in a cool, humid location such as a root cellar.

Kohlrabi can be frozen after peeling, cutting into cubes or slices and blanching in boiling water for two to three minutes. Cool quickly in ice water, drain thoroughly and package in a freezer-safe container or bag.

Preparing

Before using kohlrabi, wash the bulb thoroughly and peel away the tough outer skin. The crisp flesh can be eaten raw or cooked. The leaves can also be eaten similar to spinach. Eat it raw in salads or slaws. For a heartier taste, kohlrabi can be steamed, roasted or grilled. It can be used in soups, stews, casseroles and stir-fries. It can even be mashed and added to mashed potatoes.

Pro tip: Kohlrabi pairs well with flavors such as dill, lemon, garlic, apples, honey and Parmesan cheese.



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Recipes



Roasted Kohlrabi

- 4 kohlrabi bulbs, peeled
- 2 tablespoons olive or other oil
- 2 garlic cloves, minced
- 2 teaspoons smoked paprika
- Salt and black pepper to taste
- $\frac{1}{3}$ cup Parmesan cheese, freshly grated

Preheat oven to 450 F. Spray a baking sheet with oil or line with parchment paper. Cut kohlrabi into $\frac{1}{4}$ -inch slices, then halve each slice. Combine oil, garlic, paprika, salt and black pepper in a large bowl. Add kohlrabi; toss to coat. Spread in a single layer on a baking sheet. Bake in the oven until lightly brown and tender, stirring occasionally, 15 to 20 minutes. Sprinkle with Parmesan cheese. Roast until cheese is melted and golden, about 5 minutes. Serve immediately.

Makes four servings. Each serving has 140 calories, 9 grams (g) fat, 5 g protein, 12.5 g carbohydrate, 6.5 g fiber and 150 milligrams sodium.



Kohlrabi and Apple Crunch Slaw

- 1 medium kohlrabi, peeled and cut into thin matchsticks
- 1 large Honeycrisp apple, cut into thin matchsticks
- 1 cup red cabbage, thinly sliced
- 1 tablespoon green onion, thinly sliced
- $\frac{1}{4}$ cup walnuts or pecans, chopped
- 1 tablespoon olive or other oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 teaspoon honey
- $\frac{1}{4}$ teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon salt
- Black pepper to taste

Combine kohlrabi, apple, cabbage, green onion and nuts in a large bowl. In a separate bowl, whisk together oil, vinegar, lemon juice, honey, mustard, salt and black pepper. Pour dressing over salad and toss to coat. Refrigerate for at least 15 minutes before serving.

Makes six servings. Each serving has 90 calories, 5.5 grams (g), 1 g protein, 10 g carbohydrate, 3 g fiber and 110 milligrams sodium.



Dill Roasted Kohlrabi

- 2 tablespoons extra virgin olive or other oil, divided
- 2-3 large kohlrabi, nubs sliced off and cut into rounds
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 tablespoon shallots, minced
- Salt and black pepper to taste
- $\frac{1}{4}$ cup feta cheese, crumbled
- 1 tablespoon fresh dill, chopped
- 2 tablespoons toasted sunflower seeds

Preheat oven to 400 F. Lightly grease a baking sheet or line with parchment paper. Heat 1 tablespoon of oil in a large skillet over medium-high heat on the stove top. Add the kohlrabi rounds and cook until golden brown, about 4 to 5 minutes per side. Transfer the browned kohlrabi to the prepared baking sheet. Roast for 10 to 12 minutes, or until tender. While the kohlrabi roasts, whisk together the remaining 1 tablespoon oil, lemon juice, honey, shallot, salt and black pepper in a small bowl. Arrange the roasted kohlrabi on a serving platter. Drizzle with the vinaigrette. Sprinkle with feta cheese, fresh dill and toasted sunflower seeds before serving.

Optional: add 1 cup sliced carrots to the baking sheet for extra color, flavor and nutrition.

Makes four servings. Each serving has 125 calories, 9.5 grams (g) fat, 3 g protein, 8.5 g carbohydrate, 3.5 g fiber and 100 milligrams sodium.

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