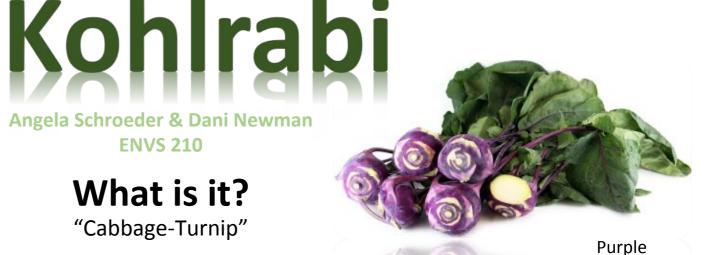


Angela Schroeder & Dani Newman ENVS 210

What is it?

"Cabbage-Turnip"

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



White/green

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

Store the bulbs in the refrigerator for up to 3 weeks

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





Planting every 2 to 3 weeks ensures a continuous harvest



Kohlrabi

% Daily Value*

1%

0%

0%

4%

34%

9%

58%



Recipes

(soups, salads, stews, fritters, stir-fry...)

Nutrition Facts

Servings: 1

Per Serving Calories 122

Total Fat 0.5q

Trans Fat 0g

Saturated Fat 0.1g

Cholesterol 0mg

Potassium 1588mg

Total Carb 28.1g

Sugars 11.8g

Protein 7.7a

Dietary Fiber 16.3g

Calcium 8% · Iron 10%

Vitamin A 5% · Vitamin C 469%

*Based on a 2,000 calorie diet
Recipe analyzed by **Verywell**

Sodium 91mg

Creamed Kohlrabi

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

ingredients I kohlrabi

I onion
2 cloves garlic (halved)
2 tblspn unsalted butter
1/4 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.

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/

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http://salud-natural.org/el-colinabo-un-alimento-a-tener-en-cuenta/

https://myberkeleybowl.com/2015/07/28/kohlrabi-lettuce-wraps/

http://www.gracelinks.org/blog/485/real-food-right-now-and-how-to-cook-it-kohlrabi

https://www.gardeningknowhow.com/edible/vegetables/kohlrabi/harvesting-kohlrabi-plants.htm

Roasted Kohlrabi

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

ingredients

1.5 lb diced kohlrabi I tblspn olive oil I tblspn minced garlic salt vinegar

instructions

Set 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.

