



White/green

# Kohlrabi

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ENVS 210

## What is it? “Cabbage-Turnip”

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



Purple

### 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



## 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 tblspn unsalted butter
- ¼ 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 Carb 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 tblspn olive oil
- 1tblspn 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.

## 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://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>

