Kohlrabi

Plant: Kohlrabi is a cool weather crop which is best grown in spring, fall and even into winter if grown where no hard freeze can occur. Kohlrabi is a member of the cabbage family but it has an edible bulb that resembles that of a turnip. The seeds should be planted $\frac{1}{4}$ inch deep with 10 seeds per foot. Or, for a fall crop, start indoors 6 to 8 weeks before the last average frost and transplant when seedlings reach 4 inches tall and plant 5 inches apart in rows 1 foot apart.

Grow: Kohlrabi requires full-sun and fertile soil with ample drainage. It is essential to protect kohlrabi from cabbage loopers. It has a very swallow root system and the bulb is actually part of the stem, not the roots.

Harvest: Harvest at approximately 8-10 weeks. Fully developed kohlrabi bulbs are mature when it develops a bulbous, turnip like base that sits on top of the soil. The mature kohlrabi will also have healthy green leaves protruding from the bulb. Bulbs can either be purple or green with white interior flesh. Bulbs should be harvested immediately to prevent them from becoming too woody and bitter in flavor.

Nutrition Facts

Serving Size 1/2 medium (85g)
Servings Per Container

Amount Per Serving

Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 1g	
Vitamin A 0% •	Vitamin C 90%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie

Nutrition Information:

Kohlrabi is an excellent source of vitamin C, vitamin B6, calcium, copper, folate, manganese, magnesium, phosphorous, potassium, and thiamin, as well as a great source of dietary fiber.

How to Prepare: Kohlrabi can be served raw or cooked. When eaten raw, kohlrabi is slightly crunchy and mildly spicy. They can be tossed into a salad, combined into a slaw, or eaten with a drizzle of olive oil and seasoning. Steaming, roasting, pureeing, or grilling with herbs can also be very flavorful. It can also be incorporated into soups. The leaves can be cooked similar to collard greens. Kohlrabi should be stored in the refrigerator for up to 10 days.

Roasted Kohlrabi

Yields: 4 servings

Serving size: ½ cup

Ingredients

1 ½ pounds fresh kohlrabi, diced
1 tablespoon olive oil
1 tablespoon garlic
Salt to taste
Pepper to taste

Preparation

1. Set oven to 450° F.
2. Trims ends from kohlrabi, remove the outer skin and dice into equal size pieces. Toss kohlrabi with olive oil and garlic.
3. Spread evenly on cookie sheet (or shallow pan) and place in the preheated oven.
4. Roast 30-35 minutes, stirring occasionally, until tender.

Nutrition Facts per Serving:

64 calories, 3 g fat, 8 g carbohydrates, 4 g fiber, 2 g protein