

Nutrition Facts:

Kohlrabi is a great source of:

- Vitamin C for a **healthy immune system.**
- Dietary fiber for **healthy digestion.**
- Antioxidant compounds which help **keep your body healthy.**
- Low sugar, low calorie

Enjoy Kohlrabi many ways:

- Slice raw kohlrabi and include in salads or as a snack with dip.
- Roast in the oven with a little olive oil and salt.
- Stirfried with your favorite veggies.
- Grilled in foil for 10-12 minutes.
- Steamed and tossed with salt, garlic and olive oil.

KOHLRABI

AKA: CABBAGE TURNIP



What is it?

Kohlrabi is a vegetable related to kale, cabbage and broccoli. It can be grown in green or purple varieties and has a white flesh. Both the bulb and the leaves can be eaten.

What does it taste like?

Kohlrabi has been described as tasting somewhat like a cross between a cucumber and mild broccoli. It has a light flavor and a juicy, crisp flesh similar to an apple.

Fun Facts!

- Kohlrabi gets its name from the German words for “cabbage” and “turnip.”
- Many think Kohlrabi is a root vegetable, but it is actually grown above ground surrounded by tall, wide leaves.
- Kohlrabi’s history dates back nearly 2000 years and was grown on the land of the Emperor of the Holy Roman Empire in 800 A.D.!
- Kohlrabi has been commonly used in cooking in Italy, France, Germany and India.
- It is pickled, grated into pancakes and fritters, and added to flat breads in many other parts of the world, but has not been a very popular vegetable in the United States.



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HOW TO:

STORE: Refrigerate bulbs for up to 10 days and wash before using.

For Kohlrabi greens: cut off the greens, wash, wrap in paper towels and store in a plastic bag for up to 3 days.

ROAST: Peel and slice bulb into 1/4 inch thick slices, toss with some oil, salt, and pepper. Spread on baking sheet and roast for 15-20 mins at 450 degrees.

USE GREENS: use kohlrabi greens raw in a salad or sautéed like collards or kale in a little oil and salt until wilted, 5-7 minutes.

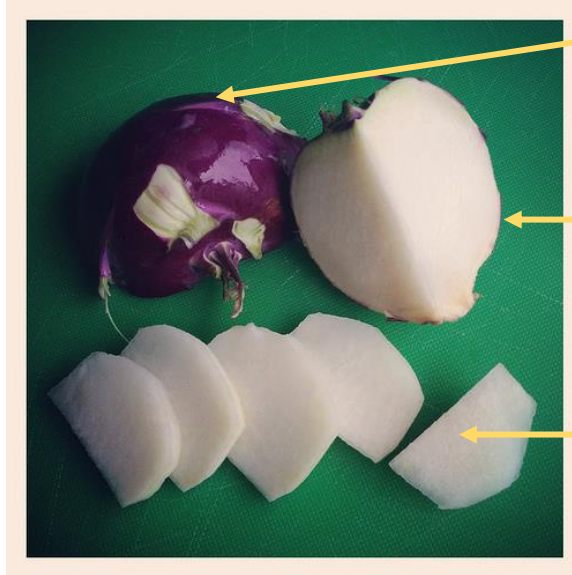


Prepared by Hopelink
Volunteers

References:

1. Discovering Kohlrabi (It's a Vegetable). www.well.blogs.nytimes.com
2. Kohlrabi. www.vegparadise.com
3. Kohlrabi Slaw recipe and photo.. www.allrecipes.com
4. Kohlrabi cover and sliced photo. You As A Machine / Foter / CC BY-SA. www.foter.com

How To Prepare KOHLRABI



Preparing Kohlrabi:

When eating the kohlrabi bulbs, it's best to peel the hard skin off of the bulb carefully with a knife.

There will be a second layer of fibrous flesh as well which is best peeled away to expose the crisp, white flesh.

Chop, grate, or slice kohlrabi according to recipe or eat raw like an apple.

Kohlrabi Slaw

Ingredients:

- 1 cup chopped cabbage
- 2 kohlrabi bulbs, peeled and grated
- 1 stalk celery, sliced thin
- 1 carrot, sliced thin
- 1 tablespoon onion, finely chopped
- 2 ½ tablespoons sugar
- ¼ cup mayonnaise
- 2 ¼ teaspoons vinegar
- Salt and Pepper to taste

1. Toss the cabbage, kohlrabi, celery, carrot, and onion together in a large bowl.
2. Whisk the sugar, salt, pepper, mayonnaise, and vinegar together in a separate bowl until smooth
3. Pour over the cabbage mixture and stir to coat evenly.
4. Chill in refrigerator 1 hour before serving.

Serves 4



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