Kohlrabi

Fun Facts:

- In German, kohl means "cabbage," and rabi means "turnip."
- Kohlrabi resembles a root vegetable, but actually, the edible "globe" is the modified, swollen stem of the plant.
- Purple and green varieties are grown, however the purple is purely superficial and both varieties have the same pale-yellow flesh.

Nutrition Information:

- Kohlrabi is high in vitamin C and dietary fiber. It is a good source of vitamin B6, potassium, phosphorous, and manganese.

Preparation:

- Remove greens from the globe and wash both parts separately. Trim away any woody or tough portions of the skin. Kohlrabi does not have to be peeled but due to the fibrous layers around the globe it often is. Cut off the top and bottom and use a knife to cut the skin off.
- The greens of kohlrabi can be used like other greens and added to salad mixes and pasta dishes, or sautéed. Rinse the greens in cold water and pat dry. Remove the long, thick, center ribs from the leaves.

Cooking:

Raw: peel kohlrabi; then grate, slice, cube, or "matchstick" (cut into strips/sticks) and add to salads, soups, tacos, or slaws (it has a very similar texture and flavor to broccoli stems, but sweeter). Peel and eat as you would an apple or slice and serve with dip.

Sauté: cube or matchstick kohlrabi; toss with oil, salt, and pepper, and sauté until slightly browned. Add to stir-fries or add fresh herbs and butter and eat as a side dish.

Steam: steam kohlrabi whole for 25-30 minutes or in thin slices for 5-10 minutes. Dress lightly with oil, lemon juice, dill weed, and plain yogurt. You can also dip steamed slices in flour and lightly fry.

Mash: cook kohlrabi however you desire, then mash. Combine with mashed potatoes and add butter, salt, and pepper; or form into patties and fry in butter for delicious potato-kohlrabi pancakes.

Roast: slice kohlrabi; toss in olive oil, salt, and pepper; spread on a baking sheet, and roast at 450°F for 15-20 minutes (flip/stir halfway through for even cooking).

Storage:

- Store kohlrabi globe and leaves separately.
- The globe will last for one month refrigerated in a plastic bag.
- Wrap the leaves in a damp towel, or place in a plastic bag, and keep in your refrigerator's hydrator/crisper drawer. Use as soon as possible.
- The globe can be pickled or frozen for long-term storage.