



Kohlrabi

Growing and Harvest Information

Note: When harvesting kohlrabi, it's important to keep an eye on the swelling base.

Once the stem reaches 3 inches in diameter, cut the bulb from the root with a sharp knife. Position your knife at soil level, just beneath the bulb.

Pull the leaves off of the upper stems and wash before cooking. You can use the leaves as you would cabbage leaves.

Peel off the outer skin from the bulb using a paring knife and eat the bulb raw or cook as you do a turnip.

Introduction

Kohlrabi is a member of the Brassica family. This nutritious vegetable is high in vitamin C and potassium. The kohlrabi bulb can be eaten raw or cooked, and has a crisp and juicy texture with a mild, sweet cabbage flavor. The leaves can be eaten as well, and have a taste similar to collards.

Preservation

Storage:

- Store kohlrabi leaves in a loose or perforated bag in the refrigerator. Bulbs can be stored loose in refrigerator. Do not wash kohlrabi before storing it in the refrigerator, as excess moisture will promote spoilage.

Freezing:

- Bring 10-12 cups of blanching water to a rolling boil.
- Rinse kohlrabi; trim tops and bottoms. Cut fibrous outer layer of stem until only tender center is left.
- Cut bulb into cubes. Measure 1-2 cups of cubed kohlrabi & dump in blanching water. After 4 minutes, submerge kohlrabi in ice water bath.
- Drain and pack cold kohlrabi into freezer bags. Store for 8-10 months.

Canning:

- Canning not recommended for this vegetable.

For more information on canning, visit: www.freshpreserving.com

Nutritional Benefits

Source	Rating
Vitamins	GOOD
Minerals	MODERATE
Fiber	GOOD

Use By Guide

Vegetable State	Use by
Raw	10 days
Frozen	1 year
Canned	1 year



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Preparation

Wash kohlrabi with cold water. Trim off the stem end and then peel off the waxy outer layer before eating or cooking.

Recipe 1: Roasted Kohlrabi with Parmesan

Ingredients

- 6 kohlrabi
- 2 Tbsp olive oil
- 3/4 tsp salt
- pinch of cayenne
- 3 Tbsp parmesan cheese
- 1 Tbsp chopped parsley

Directions

1. Peel kohlrabi and cut into 1-inch wedges
2. Toss with olive oil, salt, and cayenne
3. Place on baking sheet and roast for 30 min at 450 degrees, stirring every 10 min until tender and golden
4. Toss with parmesan and parsley

Recipe 2: Shaved Kohlrabi & Arugula Salad

Ingredients

- 3 Tbsp extra-virgin olive oil
- 1 1/2 cups arugula, trimmed
- 2 medium or 1 large kohlrabi, trimmed
- 1/4 cup toasted sliced almonds
- 2 Tbsp roasted garlic
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1 tsp lemon zest, 3 Tbsp fresh lemon juice
- 1 tsp Dijon mustard

Directions

1. Whisk garlic, paprika, salt, lemon zest, lemon juice, and mustard together in small bowl with 1 tsp water. Stir in oil.
2. Shave kohlrabi very thinly (use mandoline if available).
3. Spoon dressing over kohlrabi. Top with arugula & almonds.