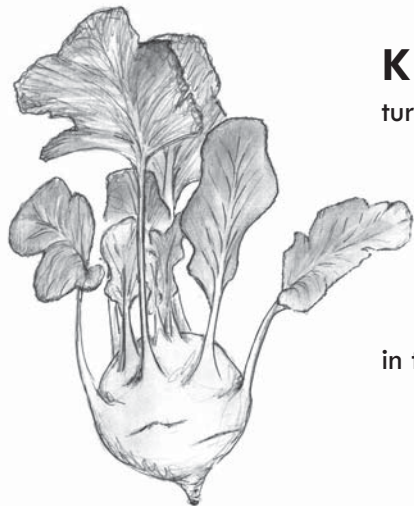


KOHLRABI



KOHLRABI, a cross between a cabbage and a turnip, is a member of the Brassica family like broccoli and cabbage. It's name is German meaning "cabbage turnip." The part of the plant that is eaten is actually an enlarged stem from which the leaves develop and has a mild flavor similar to a sweet broccoli stem. Kohlrabi is a cool season crop that is available in the Spring and again in the Fall in the Northeast.

STORAGE

- ◆ Remove the leaves and stems and store the bulbs loosely wrapped in a damp towel in the refrigerator drawer. Kohlrabi will keep for **1-2 weeks** stored this way.
- ◆ **To freeze**, wash, peel, and cut into 1/2 inch cubes. Blanch in boiling water for 3 minutes. Cool and pack into freezer bags or plastic containers, leaving some air or space in the bag/container.

PREPARATION

- ◆ Remove stems from the bulb and discard. Peel if the skin seems tough. Slice or chop into rounds, quarters or matchsticks or as desired.
- ◆ Early in the season, young, tender kohlrabi makes a tasty snack served **raw** with a dip or added to salads for a delicious crunch.
- ◆ Kohlrabi can be **steamed** or **roasted, boiled** or **baked**.
- ◆ Try adding boiled or steamed Kohlrabi to mashed potatoes.

Nutritional Information

Kohlrabi is a good source of Vitamin C. It is also low in calories and sodium. One cup of diced and cooked kohlrabi contains only 40 calories! Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption.

Kohlrabi Recipes

Creamy Kohlrabi Salad

1-2 kohlrabi bulbs, peeled and cut into bite size chunks
Juice of 1 lemon
¼ cup mayonnaise
½ cup yogurt or sour cream, or a combination
Chopped fresh or dried tarragon
4 finely minced scallions
Salt and pepper to taste



Put the kohlrabi chunks in a saucepan with ½ inch of water. Cover and steam them until they just begin to get tender (check after 3 minutes). When kohlrabi is crisp-tender drain and let cool. Mix the other ingredients together in a bowl and then add the drained kohlrabi. Chill and then serve.

Recipe contributed by Tracy Horner, Just Food intern, 2001.

Kohlrabi Supreme

1-2 kohlrabi bulbs, peeled, sliced into rounds and then cut into half moons
2-4 Tablespoons butter
1-2 cloves garlic, crushed
1-2 teaspoons lemon juice
½ cup grated cheese
½ cup Italian-style bread crumbs
Salt and pepper



Heat oven to 350 degrees. Put the kohlrabi half-moons into a saucepan with ½ inch of water. Place the saucepan, covered over medium-high heat to boil the water and steam the kohlrabi until tender. Melt the butter with the garlic in a separate pan. Add the lemon juice to the butter. Drain the kohlrabi and put it in a baking dish. Pour the butter mixture over the warm kohlrabi and toss. Sprinkle with the cheese and then the bread crumbs on top. Season with salt and pepper and bake until the cheese is melted and the bread crumbs turn golden brown.

Recipe adapted from [FoodBook for a Sustainable Harvest](#), by Elizabeth Henderson and David Stern, copyright 1994 by Elizabeth Henderson and David Stern.

Delicious Dip for Kohlrabi

1 cup low-fat cottage cheese
Milk (if necessary for consistency)
Fresh herbs (chives, garlic, dill, thyme, basil, summer savory)
Mustard or hot sauce (optional)
Peeled and cut up kohlrabi



In a blender, puree the cottage cheese. It should become the consistency of sour cream. If it is too thick, add some milk. Mix in any fresh herbs that you like and the mustard or hot sauce for extra flavor. Chill and serve with peeled and cut up kohlrabi and any other raw vegetables you desire.

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