



CSA Harvest Information



# Kohlrabi

## What is Kohlrabi?

Kohlrabi is a member of the cabbage family. Its unusual name comes from the German words for “cabbage” and “turnip.” The bulb-looking part is not a root, but instead, the kohlrabi’s swollen stem. It is shaped like a ball with several stalks growing out of one end. Some have likened its odd shape to the Russian spacecraft, Sputnik.



Kohlrabi can be eaten either raw or cooked. It is low in calories and high in nutrients, especially vitamin C and dietary fiber, so it is great for the immune system and for promoting digestive health.

## How to Cook Kohlrabi

Kohlrabi is delicious eaten raw. Peel the outer skin with a paring knife. Slice, dice, or grate, and add to salads. Use on raw vegetable platters or serve with a creamy dip. Grated kohlrabi can be added to slaw, but it is best to lightly salt it first and let stand for several minutes. Squeeze to remove excess water before adding dressing. Kohlrabi can be steamed or boiled - do not peel until after it is cooked. Steam or boil until bulbs are tender. After cooking, peel skin and season with butter, salt, pepper, a cheese sauce, or just enjoy plain.

If the leaves attached to the kohlrabi bulb are fresh and green, they can be enjoyed as a cooked green. Wash the leaves and remove the ribs. Blanch in boiling water until just wilted (about 3-5 minutes). Drain and squeeze excess water from leaves. Chop leaves, then sauté in a little olive oil or butter and season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon.

*3 medium bulbs  
kohlrabi = about  
2 1/2 cups cooked*

## Kohlrabi Fries and Greens (two side dishes in one)

*Recipe is best when the kohlrabi bulbs are the size of a tennis ball.*

### Ingredients

For Fries:

- Kohlrabi bulb; peeled and cut into strips (French fry shapes)
- Olive oil
- Parmesan cheese
- Salt and pepper

For Greens:

- Kohlrabi leaves; stems removed and roughly chopped
- 1/2 cup chicken stock or broth
- 1 tsp. honey mustard

### Method

For Fries:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Drizzle the kohlrabi strips with olive oil, then toss with Parmesan cheese, garlic, salt, and pepper (to taste) and place on a baking sheet.
3. Bake for about 20 minutes, stirring every 5 minutes or so. The outside of the kohlrabi strips should be crispy when done baking.

For Greens:

1. Heat the chicken stock and add the honey mustard.
2. Add the kohlrabi leaves and cook until they are soft enough to eat.

Serve kohlrabi fries with any desired dipping sauce.

