



CSA Harvest Information



Kohlrabi

What is this odd-looking thing?

Kohlrabi is a member of the cabbage family. Its unusual name comes from the German words for “cabbage” and “turnip.” The bulb part is not a root, but its swollen stem (shown here). It’s 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’s low in calories and high in nutrients, especially vitamin C and dietary fiber, so it’s great for the immune system and for promoting digestive health.

How do I cook it?

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’s 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 -- don’t peel until after it is cooked. Steam or boil until bulbs are tender, peel skin, and season with butter, salt, and 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, 3 to 5 minutes. Drain and squeeze excess water from leaves. Chop leaves, then saute in a little olive oil or butter. Season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon.

3 medium bulbs of kohlrabi equals about 2 1/2 cups

Kohlrabi Fries and Greens - 2 Side Dishes in 1

This recipe is best when the kohlrabi bulbs are the size of a tennis ball.

For fries:

- Kohlrabi
- Olive oil
- Parmesan cheese
- Garlic
- Salt and pepper

Preheat oven to 350 degrees.

Peel the outer layer of kohlrabi bulb. Cut into French-fry shapes. Drizzle with olive oil, then toss with Parmesan



cheese, garlic, salt and pepper. Put on a sheet pan and cook about 20 minutes, stirring every 5 minutes or so. The outside should be crispy and the cheese a light golden brown. Serve with any desired dipping sauce.

For greens:

- Kohlrabi greens
- 1/2 cup chicken stock or broth
- 1 teaspoon honey mustard

While the fries are cooking, rip the greens off the stems and rough chop. Heat the chicken stock and add 1 teaspoon honey mustard. Add the kohlrabi greens and cook until they are soft enough to eat.

For more recipes:

 Our CSA Kohlrabi Recipes Pinterest board: pinterest.com/wickhamfarms/csa-recipes-kohlrabi/

The website [Simply Recipes](http://www.simplyrecipes.com/recipes/kohlrabi/) has links to several kohlrabi recipes: <http://www.simplyrecipes.com/recipes/kohlrabi/>