



Kohlrabi

What is it?

The name says it all: kohl (cabbage) rabi (turnip). This plant was developed by crossing a cabbage with a turnip! The edible part of the plant is an enlarged section of the stem that develops just above the ground. It comes in two colors: a light green and purple bulb.

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Storage Tips

Store kohlrabi globe and leaves separately. The globe will last for 2 weeks refrigerated in a plastic bag. Wrap leaves and stalks in plastic bag and keep in drawer of refrigerator. Rinse under cold running water just before use.

To freeze: Cut into cubes or slices and blanch for 3-4 min. Place into ice water bath to stop the cooking. Drain and dry. Place in a freezer bag. .

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Usage Tips

Substitute kohlrabi where recipes call for carrots, potatoes, or turnips. Peel the outer skin off. Trim off the remains of the stalks & root. Grate, slice, or chop as desired. Young kohlrabi leaves can be used in recipes calling for greens. (Remove the tough stems from the leaves.) Cut raw kohlrabi bulb into sticks for a refreshing addition to a raw vegetable tray or grate it for salads. Lightly boil, steam, roast, or add it to stews & stir-fries. Steam kohlrabi whole 25-30 min or thinly sliced 5-10 min. Dress with oil, lemon juice, and fresh dill.

A Vegetable E-booklet



RECIPES

Roasted Kohlrabi with Parmesan

INGREDIENTS

6 kohlrabi
2 tablespoons olive oil
3/4 teaspoon kosher salt
a pinch of cayenne

Adapted from www.foodnetwork.com

INSTRUCTIONS

Peel 6 kohlrabi and cut into 1-inch wedges; toss with 2 tablespoons olive oil, 3/4 teaspoon kosher salt and a pinch of cayenne on a rimmed baking sheet. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with 3 tablespoons parmesan and 1 tablespoon chopped parsley.

Kohlrabi and Kale Salad

INGREDIENTS

Salad: 4 cups kale chopped
1 kohlrabi bulb peeled and julienned
1/2 cup shredded carrots
1/2 cup dried cranberries
1/2 cup toasted pecans
Dressing: 2 T red wine vinegar
1 t. Dijon mustard
1 t. honey
1 t. minced garlic
1/4 c olive oil
salt and pepper

INSTRUCTIONS

1. Combine kale, kohlrabi, carrots, dried cranberries and pecans in a large bowl.
2. In a small bowl whisk together red wine vinegar, Dijon mustard, honey, minced garlic, olive oil, salt and pepper.
3. Mix dressing with salad until well coated. Refrigerate at least 2 hours before serving.

Adapted from www.sharedlegacyfarms.com