

Kohlrabi

Available

March - May
September - October



Nutrients

A great source of vitamin C, dietary fiber, vitamin B-6 and potassium.

At A Glance

Known as the German Turnip, kohlrabi is a firm round vegetable that is light green or purple. Kohlrabi has a unique taste combining the sweetness of broccoli and spice of a turnip or radish.



How to Select and Store

- The bulb should be firm without any brown spots. If the leaves are still attached they should be green, wilt free and not have any mold.
- Leaves should be removed before storing. Wrap leaves in a damp paper towel and store in the fridge for up to two days. The bulb can be stored in the refrigerator vegetable drawer for up to several weeks.



Prepare and Serve

Kohlrabi can be served raw or cooked. The bulb and leaves are edible. The bulb can be roasted like potatoes, steamed or grilled. The leaves can be sautéed, steamed or added to a stir fry. Or, cut into matchsticks and add it raw to a slaw.