
Selection

When selecting kohlrabi, be sure it is no larger than 2 1/2" in diameter, with the greens still attached.

The greens should be deep green all over with no yellow spots. Yellow leaves are an indicator that the kohlrabi is no longer fresh.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Wash all produce before eating, cutting, or cooking.
 - ◆ Kohlrabi can be kept for up to a month in the refrigerator.
 - ◆ Drying produce with a clean cloth or paper towel will further help to reduce bacteria that may be present.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
 - ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
 - ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
 - ◆ What you spend supports the family farms who are your neighbors.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Kohlrabi Colinabo

Uses

Kohlrabi is good steamed, barbecued or stir-fried. It can also be used raw by chopping and putting into salads, or use grated or diced in a salad.

Kohlrabi is porous and absorbs the flavor of your dressing for added flavor.



Kohlrabi Sauté

Nutrition Facts

- ♦ Fat free
- ♦ Good source of Potassium
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C

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Primary Sources: University of Texas Extension; Photos found on Google Images

Try It!

Kohlrabi Sauté

INGREDIENTS

- 4 Medium kohlrabi
- 1 Tbsp. Butter or margarine
- 1 Tbsp. Olive oil
- 1 Garlic clove, finely chopped
- 1 Medium onion, chopped
- 1 Tbsp. Lemon juice
- 2 Tbsp. Fresh parsley, chopped
- 2 Tbsp. Sour cream

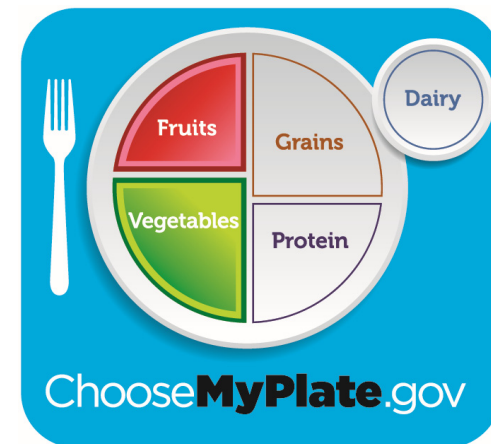
Salt & freshly ground pepper

INSTRUCTIONS

1. Peel the tough outer skin from the kohlrabi, then coarsely grate the bulbs.
2. In a skillet, heat butter and olive oil. Add garlic, onion and kohlrabi and sauté, stirring for 5 to 7 minutes until kohlrabi is tender crisp.
3. Stir in lemon juice and parsley, then season with salt and pepper to taste.
4. Stir in sour cream, and serve hot.

Yield: 4 servings

Recipe Source: www.recipesource.com/



History & Fun Facts

“Kohlrabi” is a German word that was unchanged, *Kohl* means cabbage and *Rabi* means turnip. Kohlrabi was developed in Northern Europe a little before the 16th century. Kohlrabi was first a cold-tender, non-heading plant with a thick succulent stem. Kohlrabi is now known as a hardy vegetable developed in a cool climate. Kohlrabi was first grown in the United States around 1806.

Two main types are grown in the U.S., white and purple. The white is more popular although the purple is more attractive.