

— KOHLRABI —

What are they?

- Kohlrabi is related to broccoli, cauliflower, kale, cabbage, and Brussels sprouts.
- It is not a root vegetable because the part we eat is part of the stem.
- White (actually more of a light green color) and purple are the two main types of Kohlrabi.
- Even the leaves of kohlrabi can be eaten
- Small kohlrabi does not need to be peeled like the big ones. You can eat the skin after washing it.
- Young kohlrabi has a texture similar to an apple, whereas larger ones tender to be woody and bitter.
- Kohlrabi can be prepared by boiling, baking, steaming, frying or used with a sauce; young kohlrabi can be eaten raw in salads.



When are they available?

- Kohlrabi is available late April through October in Wisconsin.

What's so cool about them?

- Kohlrabi is originally from Germany.
- In German, kohlrabi means “cabbage turnip.”
- 1806 was the year people started growing kohlrabi in the U.S.
- Purple kohlrabi is often used in Europe as a garnish to decorate fancy dinner plates.



Why should I eat them?

- Kohlrabi is an excellent source of fiber and Vitamin C.
- Kohlrabi is a good source of Vitamin B6, which boosts your metabolism, and potassium, which plays a role in controlling your blood pressure.
- Kohlrabi also contains copper, which helps with red blood cell formation, and manganese, which promotes bone density and healing.

