

Kohlrabi

Kohlrabi is a member of the Brassica family of vegetables, which also includes kale, collard greens, cabbage, broccoli, cauliflower, and Brussels sprouts. The word kohlrabi is German for “cabbage turnip” (*kohl* as in cole-slaw, and *rübe* for turnip) though kohlrabi is *not* a root vegetable. Like all brassica, it grows above ground, not below. **Kohlrabi plants form bulbs with leaves** (similar to those of broccoli) that shoot out from the top and/or side of each plant. The result often earns kohlrabi the nickname “spaceship” or “sputnik” veggie.



Selection: To find the best kohlrabi, look for bulbs that are ~3 to 4 inches in diameter, feel **heavy** in your hand (for its size) and have **unblemished** leaves. This bulb size will be the most **flavorful** and **tender**. Avoid any bulbs that appear **cracked** or **overgrown** as their flavor tends to be woody. Do note that you can eat the leaves too (just like beets or turnips).

Storage: To store, **separate** the kohlrabi **bulb** from its **leaves**. Simply cut off the leaves, **wrap** them in a **damp** paper towel and place in a **plastic bag**. They should keep for **~3 days**. Scrub kohlrabi bulbs clean, wrap loosely, and refrigerate until ready to use. **Fresh** (de-leafed) kohlrabi bulbs can last up to several **weeks** in the refrigerator.

Nutrients/nutrition: Kohlrabi is low-calorie, low-fat, and low-sodium—a one cup serving (of raw Kohlrabi) provides a body these daily values: 140% of **vitamin C** (immune function), 19% of **fiber** (gut integrity and function), as well as 3% of **calcium** (for bone health). Kohlrabi, like other members of the Brassica family, contain **health-promoting** phytochemicals like isothiocyanates and sulforaphane, two compounds that have been shown to protect against certain types of **cancers**.

Preparation: Kohlrabi can be enjoyed **raw** or **cooked**. It’s described as a “delightful combination of tastes”...“the **texture** of a **radish**, the **sweetness** of **jicama**, and a **hint** of **broccoli**”. It can add bite and crunch to **salads** and **slaws**—slice thinly or shred. Kohlrabi can be chopped and added to **soups** or **stews**, or boiled and added to mashed potatoes or other **mashed** root vegetables. Kohlrabi is a pleasant surprise when **roasted**: it turns remarkably sweet. Peel the bulbs and cut them into wedges or chunks, toss with a bit of oil, sprinkle with salt, and roast in a hot oven until **brown** and **tender**.

Eat well to be well!