



Kohlrabi



Selecting Fresh Kohlrabi:

- Choose a kohlrabi that is heavy for its size with firm, deeply colored green leaves.
- Skin should be firm and free from wrinkles.
- Avoid kohlrabi with soft spots on the bulb or sign of yellowing on the leaves.
- Try to use small to medium kohlrabi because large kohlrabi can become woody tasting.
- Kohlrabi that is smaller than 3 inches in diameter is the most tender.

Measuring Fresh Kohlrabi:

1 pound = 2 medium bulbs = 1¾ cups cooked cubes

Handling, Ripening and Storing:

- To store kohlrabi, snip off the leaves close to the bulbous portion (which is really a swollen stem, not a root bulb).
- Trim the leaves off the stems and store the leaves in a Ziploc bag with a damp paper towel.
- Store the bulbous stem in separate Ziploc bag without a paper towel.
- Both parts will keep for a week if stored properly in the refrigerator vegetable drawer.

Preparation and Serving:

- Cut off the stems, trim leaves from the stems and peel the kohlrabi.
- You can chop it up and steam, bake, boil or eat it raw.
- Kohlrabi can be chopped or grated to add crunch to a salad, chopped into chunks or sticks and eaten raw with dip, or boiled for up to 10 minutes until it's barely soft.
- Add it to stews, soups or casseroles where it will absorb the flavors of other vegetables and spices.

Nutrition Facts: One serving = 1 cup boiled kohlrabi provides Calories 48, Protein 3 grams, Fat 0 grams, Carbohydrates 11 grams, Fiber 2 grams. Kohlrabi is also an excellent source of Vitamin C.

References: <http://www.recipezaar.com/library/kohlrabi-256>, http://www.ehow.com/how_5021114_make-sauteed-kohlrabi.html, <http://straightfromthefarm.net/2007/06/18/the-411-on-kohlrabi-storage/>, <http://southernfood.about.com/library/info/blequivm.htm>, <http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2467/2>

Kohlrabi & Apple Slaw \$

Serves 6

Dressing Ingredients: (prepare first)

1/4 cup half & half
1 Tablespoon fresh lemon juice
1/2 Tablespoon of your favorite mustard
1/2 teaspoon sugar
salt & pepper to taste
fresh mint, chopped

Salad Ingredients:

1 pound fresh kohlrabi, trimmed, peeled, and coarsely grated
2 apples, peeled, and coarsely grated

- * use a grater with large holes
- * try to keep equal amounts of kohlrabi and apple
- * once grated, the apple begins to brown instantly so move it straight into the sauce and toss right away

Preparation:

Whisk cream into light pillows by hand, about one minute. Gently stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately and enjoy!

Nutritional information per serving: 60 calories, 1.5g fat, 0.5g saturated fat, 5mg cholesterol, 35mg sodium, 11g carbohydrate, 3g dietary fiber, 7g sugars, 2g protein.



Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25