

# Kohlrabi



## Selecting

Kohlrabi is a member of the cabbage family and in German means cabbage turnip.

Choose kohlrabi the size of a tennis ball or smaller. Smaller ones (2 to 3 inches/5 to 7 cm.) are more delicate and don't require peeling. Look for blemish and wrinkle free skin. If leaves are attached, look for crisp, dark coloured leaves.

## Storing kohlrabi

If leaves are attached, separate them from the bulb and store separately in plastic bags in the refrigerator. The leaves will last a couple of days and the bulbs up to a week.

## Preparing kohlrabi

Prepare as you would a turnip by just cutting off the base. Cook with the skin on to retain the full flavour. Once cooked, larger bulbs require peeling while the smaller bulbs do not.

## Nutrition

Kohlrabi has 37 calories per cup and is loaded with Vitamin C (100g has 103% of your daily needs); source of fibre, Vitamin B6, manganese and copper.

## Eating kohlrabi

Kohlrabi is very versatile. It can be used in any recipe that you would use a turnip.

## Seasonality

Kohlrabi is harvested in August, September and October.



Here is a delicious recipe for Kohlrabi and Cabbage Slaw.  
[www.halfyourplate.ca/recipe/crunchy-kohlrabi-cabbage-slaw](http://www.halfyourplate.ca/recipe/crunchy-kohlrabi-cabbage-slaw)

