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# KOHLRABI

Kohlrabi is another delicious and nutritious Brassica vegetable that is extremely easy to prepare. Kohlrabi is easy to grow and thrives in cool weather climates, making it an ideal vegetable to purchase locally in the spring, summer and through the fall. Kohlrabi has a sweet and mild taste similar to broccoli stem, with a hint of spiciness.

## NUTRITION

Like its cousin, the cabbage, kohlrabi is packed with essential nutrients and antioxidants with few calories. Kohlrabi is a great source of dietary fibre, along with vitamin A, vitamin C, potassium calcium folic acid, omega-3 fatty acids and protein. In fact, one serving of kohlrabi provides you with your entire daily vitamin C requirement.

## HOW TO SELECT

The purple kohlrabi tends to be tougher and sweeter than its softer, milder green or white counterparts. The smaller the kohlrabi, the more sweet and tender it will be. Larger, over mature kohlrabi can have a woody texture and tough skin. Look for firm, heavy bulbs with crisp, green leaves.

## HOW TO PREPARE

**RAW:** Kohlrabi is great served raw. Be sure to wash and peel your kohlrabi; small tender bulbs may not need much peeling. Slice kohlrabi into sticks to add to a veggie plate, or grate kohlrabi into a unique salad with other vegetables.

**COOKED:** Kohlrabi can be steamed, boiled, grilled, baked, stewed or sautéed. Add a pinch of salt to steamed kohlrabi for a quick side dish. Use kohlrabi to bulk up soups and stews, or toss kohlrabi into your favourite asian stir-fry; its porous consistency will pick up many flavours. Use kohlrabi as a substitute in any recipe that calls for broccoli, cabbage or turnip. Kohlrabi leaves can be prepared just as you would spinach.

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## SIMPLE KOHLRABI RECIPE

KOHLRABI, ONION, BUTTER, WATER, LEMON JUICE, FLOUR, SALT & PEPPER

1. Wash, peel and dice onion and kohlrabi.
2. Heat butter in a skillet and add kohlrabi and onion. Sauté for 2 min.
3. Add 1 inch of salted water or broth to pan and cover. Cook until tender.
4. Sprinkle in 2 tbsp of flour and stir until thickened.
5. Remove from heat and sprinkle with lemon juice, salt and pepper