

Kohlrabi

Kohlrabi is a member of the Brassicaceae family and was first cultivated in Europe in the 1500s.

Kohlrabi was introduced into North America at the beginning of the 19th century.



**KOHLRABI
FACT**

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Kohlrabi

Kohlrabi is a cool weather crop that can be grown in the spring and fall.

Kohlrabi is easy to grow and is ready to harvest 50 to 60 days after the seeds are planted.



**KOHLRABI
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Kohlrabi

**Kohlrabi is not a
root vegetable!**

**The kohlrabi bulb is actually
an enlarged fleshy stem
that grows above ground.**



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Kohlrabi leaves are edible. They can be steamed or sautéed and taste similar to collards and turnip greens. You can even make baked kohlrabi leaf chips!



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Kohlrabi

Kohlrabi is a versatile vegetable that can be eaten raw or cooked.

Kohlrabi is delicious grated into a salad or slaw. It can also be roasted, steamed, or added to soups and stews. You can even boil kohlrabi and mash it with butter, just like mashed potatoes!



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Kohlrabi has more vitamin C than an orange and is rich in B vitamins as well as copper, calcium, potassium, and magnesium.



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Kohlrabi

The name *kohlrabi* is the combination of two German words: *kohl* (cabbage) and *rübe* (turnip).

Kohlrabi is used in many traditional Hungarian and German dishes. It is also popular in Indian cooking.



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Kohlrabi is best eaten when it is less than 3 inches in diameter.

Small kohlrabi is crisp and juicy, like an apple, with a flavor that resembles sweet broccoli stems with a hint of spicy radish. When kohlrabi grows large, it can become woody and develop a strong flavor.



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There are two main varieties of kohlrabi: pale green and purple.

The skin on kohlrabi can be tough, especially on large bulbs. It doesn't soften with cooking, so be sure to remove all of the skin before you cook kohlrabi.



**KOHLRABI
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According to *Guinness World Records*, the world's heaviest kohlrabi weighed over 96 pounds.

It was grown by Scott Robb, who entered his prize-winning kohlrabi in the 2006 Alaska State Fair.



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