

Kohlrabi

Kohlrabi is a part of the cabbage family and is similar to a turnip. It is a crunchy vegetable that tastes like a mix of cucumber and mild broccoli. Kohlrabi can either be purple or green on the outside. Both the globes and the leaves are edible.



How Could I Use This?

- Roast kohlrabi with other vegetables
- Grill kohlrabi slices
- Add kohlrabi to your stir-fry
- Add cooked kohlrabi to mashed potatoes
- Eat raw with dip or hummus
- Add sliced or shredded kohlrabi to salads or coleslaw
- Add diced kohlrabi to soups
- Sauté chopped leaves with olive oil and garlic
- Add leaves to soups, stews, or sauté with other vegetables

Why Should I Eat This?

Kohlrabi is an excellent source of vitamin C which helps with immune system function and wound healing. Dietary fiber is important for proper bowel function. Fiber also helps provide a feeling of fullness with fewer calories.

Proper Storage

Cut leaves about an inch above the globe. Store globes in a plastic bag in refrigerator for up to ten days. Store leaves in a plastic bag in the refrigerator and use within three days.

Make a Good Selection

Choose kohlrabi globes that are firm, heavy for their size, and free of bruises or cracks. Smaller kohlrabi are more tender. Leaves should be green in color and not wilted, damaged or discolored.

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST					✓	✓	✓			✓		
MARKET					✓	✓				✓		



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