

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

KOHLRABI



Presented by
Harford County

Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Ingredients

4 kohlrabi bulbs, peeled
1 tablespoon olive oil
1 clove garlic, minced
Salt and pepper to taste
1/3 cup grated Parmesan cheese

Directions

Preheat the oven to 450° F.
Cut the kohlrabi into 1/4" thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt, and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking

Roasted Kohlrabi



sheet. Bake in the oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown about 5 minutes. Serve immediately.
Nutrition info per serving (Serves 4):
Calories 114, Fat 6g, Carbs 13g,
Protein 6g, Sodium 142mg, Fiber 7g,
Sat. Fat 2 g.

Kohlrabi and Carrot Slaw

Ingredients

1 large kohlrabi,
peeled and grated or sliced thinly
1/4 head of purple cabbage sliced thinly
2 medium carrots peeled and grated
1/4 quarter cup golden raisins or chopped
apples (optional)
1/4 cup mayonnaise
1 tablespoon cider vinegar
1 tablespoon sugar
1 teaspoon salt

Directions Combine the kohlrabi, cabbage, carrots, and raisins or apples in a large bowl. In a smaller bowl mix together the mayonnaise, cider vinegar, sugar, and salt. Pour the dressing over the slaw and mix until fully coated. Chill for an hour before serving.



Nutrition info per serving (Serves 6): Calories 107, Fat 7.6g, Carbs 9.6g, Protein 1.4g, Sat. Fat 1.1g, Sodium 263mg

Kohlrabi and Egg Noodles

Ingredients

4 cups egg noodles
2 tablespoons butter or margarine
3 cups grated kohlrabi
Salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Cook egg noodles in boiling water, stirring occasionally, until cooked through yet firm to the bite, about 5 minutes; drain. Melt butter in a skillet over



medium heat. Add kohlrabi, season with salt and pepper, and cook until the kohlrabi is tender, 7 to 10 minutes. Stir the drained egg noodles into the kohlrabi. Cook and stir until the noodles are slightly fried, 5 to 7 minutes. Serve immediately.

Nutrition info per serving (Serves 8):
Calories 105, Fat 4g, Carbs 15g,
Protein 3g, Sugar 1.9g, Sodium 34g,
Cholesterol 23.6g, Fiber 2.6g

Recipes courtesy of Harford County Master Gardeners (MGs)
Images from allrecipe.com, spruceats.com and MGs



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Who said this?

*Sometimes you find a purple one,
But that is just its skin.
And it tastes a bit like broccoli
With radishes mixed in.*

- Ethnojunkie

Imagining dancing vegetables

The Kohlrabi polka

*But turnips tango, and carrots two-step
across the lawn, their leafy headdresses
wagging in time.*

- Robert Okapi, Indiana Poet

The most overlooked vegetable that I know of is kohlrabi. I seldom see it on the seed racks of our local stores so you will probably have to look for it in seed catalogs. The large varieties of kohlrabi will keep well in the refrigerator until Thanksgiving. Think about the opportunities that will give us for holiday meals.

- Dan Sherman, Master Gardener from Minnesota



Believe It or Not!

1. Kohlrabi comes from the German word “kohl” meaning cabbage and “rabi” meaning turnip.
2. Many people think kohlrabi is a root vegetable, but it is actually grown above ground surrounded by tall, wide leaves.
3. Kohlrabi’s history dates back nearly 2000 years and was grown on the land of the Emperor of the Holy Roman Empire in 800 A.D.
4. Kohlrabi has been commonly used in cooking in Italy, France, Germany and India.
5. It is pickled, grated into pancakes and fritters, and added to flat breads in many other parts of the world, but has not been a very popular vegetable in the United States.
6. Hamburg Township in Michigan is the self-titled “Kohlrabi Capital of the World”.



What is... kohlrabi?

Kohlrabi is a plant of the cabbage family along with broccoli and kale. It is about the shape of an orange with a bunch of large leafy stems sticking out. Some people think it looks like a spaceship. Its skin is thick and its color ranges from pale green to purple, but the inside is always a pale yellow. The bulb and the leaves are all edible and can be eaten raw or cooked.

The kohlrabi has to be peeled before you use it. It has a sweet peppery taste; and therefore, makes a great coleslaw. Add shredded carrots or apples to the recipe along with your favorite dressing and you have a new side dish.

Kohlrabi can be boiled, steamed, roasted, fried or mashed. Slices of this vegetable can be stir-fried or placed at the bottom of a soup bowl. Pour hot soup over the kohlrabi slices or sticks and you have a crunchy texture added to the soup. This very different vegetable did not become known in the United States until the 1800’s.

There are several varieties commonly available, including White Vienna, Purple Vienna, Grand Duke, Gigante (aka "Superschmeltz"), Purple Danube, and White Danube.



Health Benefits

Kohlrabi is an excellent source of nutrients. One cup of kohlrabi provides 93% of your daily vitamin C needs. It is also a good source of potassium, fiber, and vitamin B6. Kohlrabi is high in antioxidants which means that it is associated with a reduced risk of diabetes. These antioxidants can produce a lower risk of certain cancers and heart disease. This versatile vegetable is a good source of fiber which helps to maintain healthy blood sugar and cholesterol levels. The nutrients in kohlrabi may support your immune system. Kohlrabi can be used in many ways to boost your health. Add chopped or grated kohlrabi to salads, slaws, soups, and even fritters. You can also spiral kohlrabi. Use the spirals in place of spaghetti noodles. Cover this healthy vegetable with your favorite spaghetti sauce. Enjoy adding this new vegetable to your menu.



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