



K o h l r a b i

- ♣ Kohlrabi is a member of the cabbage family; It is related to Cabbage, Broccoli, Kale, Cauliflower, and Brussels sprouts. Kohlrabi has a large edible bulb that looks like a turnip. However, Kohlrabi is not a root vegetable, the large bulb is actually part of the stem, not the root system.
- ♣ Kohlrabi was being grown in Germany, England, Italy, and Spain by the early 1600's but did not arrive to the US until the 1800's.
- ♣ When Kohlrabi is eaten young, it has a crisp, juicy texture like an apple. You can especially find Kohlrabi in late summer and early fall.
- ♣ The name Kohlrabi is made up of two German words: *Kohl* meaning cabbage and *rübe* meaning turnip.
- ♣ Kohlrabi can be sliced and eaten raw but is more commonly cooked and added to soups and other dishes.
- ♣ Choose Kohlrabi that is 3 inches or smaller in diameter. The leaves should be whole, and the stems should be tender.
- ♣ Kohlrabi is a great source of Vitamin C, Fiber, Vitamin B-6 and other nutrients. Is also low in calories.

