



THE “CABBAGE TURNIP”

kohlrabi

The kohlrabi root is actually the swollen stem of the plant that grows just above the ground and is topped by leaves resembling kale or collards. Fresh kohlrabi stem is a rich source of vitamin C, a powerful antioxidant that helps protect the body from some diseases and cancers.

DID YOU KNOW?



- Referencing its origins, kohlrabi translates to “cabbage turnip” in German.
- Kohlrabi comes in two varieties: deep purple and vibrant green. Both have pale green to white flesh.
- Kohlrabi belongs to the same family that includes kale, cabbage, broccoli, turnips, radishes and cauliflower.
- Kohlrabi is available in most U.S. markets from late spring through late autumn.

WELLNESS TIP

Did you know? Regular physical activity can help you fall asleep faster and deepen your sleep.

SHOPPING, PREPARING AND STORING



- Wash kohlrabi just before using. Small kohlrabi bulbs that are young and tender generally do not require peeling and are delicious eaten raw.
- Medium to large-sized kohlrabi bulbs should be peeled to remove the protective outer skin.

COOKING TIPS



- The kohlrabi has leaves that are tender and excellent in salads. The leaves can be cooked like collard greens.
- Kohlrabi can be shredded, roasted, braised, pickled, baked, sautéed and even stir-fried!
- You can substitute kohlrabi in recipes calling for radishes.

KOHLRABI SAUTE

serves 4

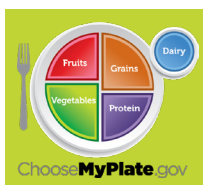
- 4 medium kohlrabi bulbs
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 medium onion, chopped
- 1 tablespoon lemon juice
- 2 tablespoons parsley, chopped
- Salt and pepper, to taste
- 2 tablespoons light sour cream



1. Peel outer skin from kohlrabi and then coarsely grate the bulb.
2. In a large skillet, heat the butter and olive oil.
3. Add garlic, onion and kohlrabi. Sauté, stirring for about 5 to 7 minutes, or until kohlrabi is tender-crisp.
4. Stir in lemon juice and parsley.
5. Season with salt and pepper; stir in sour cream. Serve warm.

Recipe adapted from UF/IFAS Extension - Sarasota, University of Florida

Calories: 95; Total Fat: 7 g; Saturated Fat: 3 g; Total Carbohydrates: 8g; Protein: 2 g; Sodium: 60 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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