

Taste Test: Kohlrabi



Kohlrabies are pale green or purple root vegetables with long stalks and large leaves. They are cousins with the cabbage. The taste and texture of the flesh is sweet and crisp like a radish, while the stems and leaves taste more like cabbage. Popular in Germany, central Europe, and parts of India, China, and Southeast Asia, this cool-season plant will grow almost anywhere, including a Canadian vegetable garden.

Food Fact

Kohlrabi is very high in vitamin C and a source of folate, fibre and potassium.

How to Choose:

- Choose kohlrabi with fresh-looking leaves that are bright and uniform in colour.
- Bulbs the size of a peach or smaller yield the best texture and flavour.

How to Prepare:

- Trim stalks and leaves.
- If eating raw, peel kohlrabi root to expose the white inner flesh, then cut the flesh as desired.
- If eating it cooked, wait to peel until after cooking.
- Kohlrabi should be cooked like a turnip.

How to Store:

- Cut off leaves and refrigerate bulbs unwashed and covered for up to one week.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try kohlrabi again?

YES NO

Ideas for Serving Kohlrabi:

- Raw kohlrabi slices or sticks make a tasty snack.
- Add kohlrabi slices to salads, or grate and marinate in salad dressing.
- Season cooked kohlrabi with butter, lemon juice, or fresh herbs.
- Try them in a saute.

Butternut Squash and Kohlrabi Soup

Makes 4 servings

Ingredients:

- 1 small butternut squash
- 1 kohlrabi
- 1 onion
- 2 cloves of garlic
- 1 stock cube
- Boiling water
- 1 Tbsp oil



Directions:

1. Peel and chop the butternut squash and kohlrabi into chunks.
2. Peel and finely slice the garlic and onion.
3. Heat the oil in the pan.
4. Fry off the garlic and onions.
5. Add the squash and kohlrabi to the pan.
6. Dissolve the stock cube in 400 - 500 mL boiling water.
7. Add to the pan.
8. Pressure cook for 10 minutes or boil and simmer for 30 minutes or until tender.
9. Use a hand blender to make smooth and serve.

Recipe adapted from <https://www.dietitianslife.com/recipes/butternut-squash-and-kohlrabi-soup/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.