

Harvest of the Month



October



Kohlrabi



Pick:

- Choose kohlrabi that are heavy for their size and firm, without bruises or cracks.
- Spring crops should be picked when 2-3 inches wide.

Store:

- Store leaves separate from bulbs.
- Wash leaves, then refrigerate in a plastic bag wrapped in a paper towel for up to 3 days.
- Refrigerate bulbs for up to 10 days.

Prepare:

- Wash before using.
- Small kohlrabi bulbs generally do not require peeling.
- Medium to larger sizes should be peeled to remove the protective outer skin.

Nutrition Info

Kohlrabi are an excellent source of vitamin C & potassium and a good source of fiber.

One cup diced and cooked kohlrabi contains 40 calories.

Fun Facts

Kohlrabi looks like a combination of both a cabbage and a turnip. It's name even originated from the German words kohl = *cabbage* and rabi = *turnip*.

Kohlrabi or "cabbage turnip" tastes like a mixture of cucumber and mild broccoli.

Kohlrabi has been grown throughout Germany, Italy, Spain, and England by the early 1600's but it did not make it to the United States until the 1800's.

Uses

Kohlrabi can be eaten raw, steamed, roasted, or grilled.

Kohlrabi makes a great addition to stews and stir fry's.

Add thin slices of kohlrabi to salads, sandwiches and wraps.

Kohlrabi is often blended or mashed and added to soups.

Use kohlrabi in place of radishes, broccoli stems, or turnips.

Family Friendly Activities

Hold a cabbage family taste test! See which vegetables are your favorite out of the cabbage family which includes; Brussels sprouts, cabbage, cauliflower, broccoli, radishes, rutabagas, turnips, and kohlrabi!

Try kohlrabi pancakes! (Recipe on the back page.)

Kohlrabi Pancakes

Serves 3

Ingredients:

- 1 lb. kohlrabi, peeled and grated
- 1/3 cup minced onion
- 1 Tbsp. fresh minced dill
- 1 egg, beaten
- 3 Tbsp. all-purpose flour
- 1/2 tsp. salt
- 1 Tbsp. olive oil
- 1/2 cup fat-free Greek yogurt or sour cream

Directions:

Combine kohlrabi, onion, dill, egg, flour, and salt in a bowl until mixed. Heat olive oil in a skillet over medium high heat; ladle ¼ cup batter into skillet for each pancake. Cook pancakes 2-4 minutes per side or until brown. Serve each pancake topped with a dollop of yogurt.

For more information on Farm2School & Foot Steps to Health visit <http://www.GetActiveLacrosse.org>

Nutrition Facts

Serving Size (237g)
Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 460mg **19%**

Total Carbohydrate 19g **6%**

Dietary Fiber 6g **24%**

Sugars 6g

Protein 9g

Vitamin A 4% • Vitamin C 160%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Color a Kohlrabi!

