



Kohlrabi

Lakota: waḥpéyutapi

Pick it!

Kohlrabi should be firm and heavy for their size, with no bruises or cracks.

The bulb can be stored in the refrigerator for up to 10 days, and the leaves can be wrapped in paper towels in a plastic bag for up to 3 days.

It is part of the cabbage family, also called cabbage turnip or German turnip.

Try it!

Kohlrabi tastes like a mix between cucumber and broccoli.

Though kohlrabi isn't actually a root vegetable, (the vegetable is actually the stem). It can be diced in soups, or roasted in the oven.

The bulb can also be eaten raw, sliced for dipping trays, or grated into a salad or slaw.

Whole bulbs can also be stuffed with meat and vegetables, topped with cheese, and baked.

Kohlrabi leaves can also be used like collard greens or kale.

Types of Kohlrabi

White: Actually, a light green color, hybrid varieties do not become woody or fibrous

Purple: Purple skin with white flesh, leaves can be cooked like other greens

Did you know...

Potassium helps balance the body to make muscles contract, control blood pressure and heartbeat. Fruits and vegetables are good sources of potassium.



Like it!

Kohlrabi Slaw

Ingredients

- 3-4 medium kohlrabi, greens removed, peeled
- 2 medium carrots
- Salt and pepper to taste
- 2 T olive oil
- ¼ c apple cider vinegar
- 1 ½ T mustard
- 1 t brown sugar

Directions

1. Using a grater or food processor, coarsely shred the kohlrabi and carrots.
2. Toss vegetables together in a bowl with a pinch of salt and pepper to taste.
3. In a separate bowl, whisk together the olive oil, vinegar, mustard and brown sugar.
4. Pour the dressing over the shredded vegetables. Toss to coat.

Yield 6 servings

Nutrition Facts per Serving:
Calories 80; fat 5g; Cholesterol 0mg; Sodium 120mg;
Carbohydrate 9g; sugar 4g; Fiber 3g; Protein 1g

Kohlrabi Sauté

Ingredients

- 4 medium kohlrabi globes
- 2 teaspoons olive oil
- 1 teaspoon minced, fresh ginger
- 2 tablespoons chopped shallot
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Directions

Remove kohlrabi leaves (if present) and save for another use. Peel kohlrabi globes and shred or julienne. In a large skillet, heat olive oil over medium heat. Add kohlrabi, ginger, and shallots to skillet, and heat until tender-crisp (3-5 minutes). Sprinkle with salt and pepper.

Yield 4 servings

Nutrition Facts per Serving:
Calories 55; Fat 2g; Cholesterol 0mg; Sodium 96mg;
Carbohydrate 8g; Fiber 4g; Sugar n/a; Protein 2g

Lakota word translate by Jeshua Estes

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