



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Spring

Kohlrabi

Lakota: wahpéyutapi

Preschool Lesson Plan

Objectives

Participants will:

- identify kohlrabi as a vegetable and the part of the plant that kohlrabi come from.
- increase knowledge in harvesting, cleaning and use of kohlrabi.
- demonstrate use of kohlrabi in a recipe.

Items Needed for the Lesson

- My Plate poster
- Parts of a Plant visual
- Kohlrabi visuals
- Actual Kohlrabi if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- Kohlrabi Slaw

Cooking and Food Safety Skills

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Stove Top Safety

Other Cooking and Food Safety Skills

- Kitchen terms - shred, toss and whisk

Supplies for Kohlrabi Lesson

- Kohlrabi Slaw
 - » Grater or food processor
 - » Knife
 - » Cutting board
 - » Bowls
 - » Measuring spoons
 - » Liquid measuring cup
 - » Fork or whisk
 - » Spoons

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • It resembles a creature from an outer space movie. • Its name comes from two German words, one meaning cabbage and the other meaning turnip. • Some varieties are grown as feed for cattle. • The leaves are also edible and can be used like spinach. <p>(Answer: Kohlrabi.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of kohlrabi.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster.
<p>Kohlrabi is a vegetable that is related to cabbage, broccoli, cauliflower and brussels sprouts. Kohlrabi is also known as a stem turnip. The edible part of kohlrabi can be white, green or purple with a creamy white inside.</p>	<ul style="list-style-type: none"> • Show visuals of kohlrabi and other vegetables that it is related to.
<p>Different vegetables come from different parts of the plant. Vegetables are either a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think kohlrabi is? (Answer: Stem.)</p> <p>Many people think that kohlrabi is a root vegetable, but it is actually an enlarged stem that grows just above the ground. The round bulb looks like a turnip with leaves that stand out like spokes. You might think it looks like a creature from an outer space movie.</p> <p>Why do plants need their stems? (Answer: Stems provide support for the plant and nutrients – food and water – travel up the stem to get other parts of the plant.)</p>	<ul style="list-style-type: none"> • Show the Parts of a Plant visual and call on participants who would like to answer. • Show a visual of the kohlrabi bulb growing above the ground. • Show a visual of kohlrabi or, if possible, an actual kohlrabi, pointing out the bulb and formation of the leaves.

What You Say:	What You Do:
<p>If you are purchasing kohlrabi at the store or farmer's market, choose ones that are firm and heavy for their size with no cracks or bruises. If the leaves are attached, make sure they are bright green and not wilted.</p> <p>Bulbs that are about 2-3 inches in diameter or just larger than a golf ball are tender and have the best flavor. Larger bulbs tend to be tough and might not taste as good.</p> <p>For food safety, keep the kohlrabi that is going to be eaten raw away from raw meat, poultry or seafood.</p>	<ul style="list-style-type: none"> • If possible, show a fresh kohlrabi, pointing out it's good qualities • Show a golf ball to illustrate the size of the size of kohlrabi to purchase.
<p>Cut the leaves off of the kohlrabi, wrap them in a damp paper towel and place them in a plastic bag.</p> <p>You can keep kohlrabi like this for up to 3 days. Once you have the leaves removed, you can use them just like you would use spinach or turnip greens. They are super yummy in salads or in a stir-fry.</p> <p>You can also keep the bulbs from kohlrabi in the crisper drawer of your refrigerator for up to 10 days.</p>	<ul style="list-style-type: none"> • Demonstrate cutting the leaves and packaging them for storage in the refrigerator.
<p>What should we do to the kohlrabi before using it in a recipe or eating it raw? (Answer: Wash it.)</p> <p>Wash the kohlrabi thoroughly just before using it.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Go over Washing Fruits and Vegetables skill sheet.
<p>Has anyone ever tried kohlrabi and knows what it tastes like?</p> <p>Kohlrabi has a mild taste that is sometimes described as tasting in between broccoli and cucumbers.</p> <p>Most kohlrabi should be peeled before using. Have an adult help peel them with a paring knife to remove the outer skin.</p>	<ul style="list-style-type: none"> • Allow discussion. • Demonstrate peeling a kohlrabi using a paring knife.
<p>What are some ways we can eat kohlrabi?</p> <p>Kohlrabi can be sliced, diced or cubed after peeling.</p> <p>Fresh, crisp kohlrabi is juicy and can be eaten raw with dips or used in salads.</p> <p>Kohlrabi can be steamed, sauteed, boiled and mashed, added to soups, grilled, roasted or stir-fried.</p>	<ul style="list-style-type: none"> • Call on participants that would like to answer.

What You Say:	What You Do:
<p>Why would we want to eat kohlrabi? (Answer: Kohlrabi is fat free, low in calories, and a good source of fiber and vitamin C.)</p> <p>Fiber helps with healthy digestion and vitamin C helps our cuts and bruises to heal and helps keep our gums healthy.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Refer to Kohlrabi Nutrition Information sheet.
<p>Are you ready to try a recipe using kohlrabi?</p> <p>What is the first thing we need to do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Kohlrabi Slaw

Equipment List

- Grater or food processor
- Knife
- Cutting board
- Bowls
- Measuring spoons
- Liquid measuring cup
- Fork or whisk
- Spoons

What You Say:	What You Do:
Today we are going to make kohlrabi slaw. Let's read through the recipe together before we begin.	<ul style="list-style-type: none"> • Pass out the recipes and read aloud.
Kohlrabi is a vegetable. How many other vegetables are there in this recipe? (Answer: 1-Carrots.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
What do we need to do to the vegetables before we peel or cut them? (Answer: Wash them.)	<ul style="list-style-type: none"> • Review Washing Fruits and Vegetables skill sheet.
We will be removing the leaves from the kohlrabi and peeling the bulb. We will be using a knife and cutting board to do this.	<ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet.
Next, we will shred the kohlrabi and carrots and place them in a bowl. What does the cooking term "shred" mean? (Answer: To cut or tear into long, narrow pieces.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
In another bowl, we will whisk together the olive oil, vinegar, mustard and brown sugar to make a dressing. What does the cooking term "whisk" mean? (Answer: To beat ingredients with a fork or whisk to mix.)	<ul style="list-style-type: none"> • Demonstrate how to whisk.
The dressing will be poured over the shredded kohlrabi and carrot mixture and tossed to coat. What does the cooking term "toss" mean? (Answer: To combine ingredients with a lifting motion.)	<ul style="list-style-type: none"> • Demonstrate how to toss.
If we have leftovers, what should we do with them? (Answer: Cover and store in the refrigerator within 2 hours.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.

Visuals



White kohlrabi



Purple kohlrabi



The leaves of kohlrabi can be eaten like spinach



Kohlrabi can be eaten raw

Kohlrabi Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Kohlrabi	1 cup, 135 g	36	5	0%	84	472	21
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age, gender and physical activity level.	Varies according to age, gender and physical activity level.	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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KOHLRABI



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Kohlrabi Sources

Recipe

- extension.purdue.edu/foodlink/recipe.php?recipe=Kohlrabi%20Saute

Clues

- softschools.com/facts/plants/kohlrabi_facts/1558/

Information

- extension.purdue.edu/foodlink/food.php?food=kohlrabi
- food.unl.edu/have-you-tried-kohlrabi
- uaex.uada.edu/publications/PDF/FSA-6089.pdf
- cespubs.uaf.edu/index.php/download_file/1439/
- uky.edu/ccd/sites/www.uky.edu.ccd/files/kohlrabi.pdf

Lakota translation:

- Translated by Jeshua Estes

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In season:



Spring

Kohlrabi

Lakota: waḥpéyutapi

Pick it!

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

If leaves are still attached, make sure they are bright green and firm. Avoid leaves that have brown spots, cracks or are wilted.

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.

Kohlrabi is prepared like a root vegetable but it is actually the stem of the plant. 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 Tablespoons olive oil
- ¼ cup apple cider vinegar
- 1 ½ Tablespoons mustard
- 1 teaspoon 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.

Yields 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 fresh ginger, minced
- 2 Tablespoons shallot, chopped
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Directions

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

Yields 4 servings

Nutrition Facts per serving. Calories 55; Fat 2.4g; Cholesterol 0mg; Sodium 96mg; Carbohydrates 8g; Dietary Fiber 4g; Sugar n/a; Protein 2g

Source: extension.purdue.edu/foodlink/recipe.php?recipe=Kohlrabi%20Saute

Lakota word translate by Jeshua Estes

**Find more recipes
and videos at
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