



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Kohlrabi

In season:



Spring

Preserve it
to enjoy year
round!

Canning

The National Center for Home Food Preservation does not recommend canning kohlrabi.



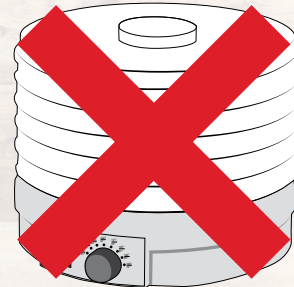
Freezing

Process: Water Blanch

- Select fully-grown, tender stems
- Cut tops and roots
- Wash and peel off tough bark
- Leave whole or dice
- Boil in water:
 - » Whole: 3 minutes
 - » Cubed: 1 minute
- Cool in cold water
- Drain
- Pack leaving ½ inch headspace
- Seal and freeze

Drying

The National Center for Home Food Preservation does not recommend drying kohlrabi.



Tips/Tricks:

Kohlrabi can be made into fritters by shredding and mixing with eggs and breadcrumbs. Heat oil, flatten mixture, and flip when crispy to cook both sides.

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.