



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Kohlrabi

Lakota: waḥpéyutapi



Pick it!

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

Try it!

Kohlrabi can be eaten raw, used in soups or roasted.

Like it!



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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

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

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and videos at
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Kohlrabi

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- Kohlrabi should be firm and heavy for its size, no bruises or cracks.
- The bulb can be stored in the fridge up to 10 days; leaves can be wrapped in paper towels in a plastic bag for up to 3 days.
- It is part of the cabbage family.
- Kohlrabi is prepared like a root vegetable but it is actually the stem of the plant.
- Kohlrabi can be diced in soups, oven roasted, stuffed with meat, vegetables and cheese and baked.
- It is also good raw, sliced or grated for salad or slaw and tastes like a cucumber and broccoli.
- Kohlrabi leaves can also be used like other greens.

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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

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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

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Kohlrabi

In season:



Spring

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Sampling Display Instructions

Kohlrabi Slaw

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Kohlrabi, peeled with greens removed	1-2 medium	3-4 medium	5-6 medium
Carrots	1 medium	2 medium	3 medium
Olive oil	1 Tablespoon	2 Tablespoons	3 Tablespoons
Apple cider vinegar	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup
Mustard	1 Tablespoon	1 $\frac{1}{2}$ Tablespoons	3 Tablespoons
Brown sugar	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoon
Salt and pepper	To taste	To taste	To taste

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 vegetable. Toss to coat.
5. Place in an airtight container and transport in a cooler over ice.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=Cd-W23oqbSOY



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Place only a few samples out at a time in small cups. Provide forks. Ask parent's permission before children may sample.
- Ask them if they use kohlrabi often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is a great side dish to any sandwich or main dish.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Kohlrabi Sauté

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Kohlrabi, peeled, shredded or julienne	2 ½ cups	3 ⅓ cups	5 cups
Olive oil	1 ¾ teaspoons	2 ¼ teaspoons	1 Tablespoon, ½ teaspoon
Ginger, fresh	¾ teaspoon	1 ¼ teaspoons	1 ¾ teaspoons
Shallot, chopped	1 Tablespoon, 2 ¼ teaspoons	2 Tablespoons, ¾ teaspoon	3 ½ Tablespoons
Salt	Dash	¼ teaspoon	¼ teaspoon
Pepper	Dash	¼ teaspoon	¼ teaspoon

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.
6. Place in warm slow cooker for transport.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks
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youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



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