



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Spring

Kohlrabi

Lakota: waḥpéyutapi

Lesson Plan

Objectives

Participants will:

- identify kohlrabi as a vegetable from MyPlate.
- increase knowledge in the growing, selection, storage and use of kohlrabi.
- identify kohlrabi as the stem of a plant.
- demonstrate the use of kohlrabi in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Kohlrabi Nutrition Information sheet
- Visual of or actual kohlrabi to show the bulb and leaves of the kohlrabi
- Visuals of cruciferous vegetables
- 1 cup measuring cup
- Packet of kohlrabi seeds and a ruler
- Golf ball
- Paring Knife

Handouts or Take Home Items

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

Recipe Choices

- Kohlrabi Slaw
- Kohlrabi Sauté

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
- Kohlrabi Sauté
 - » Knife
 - » Cutting board
 - » Measuring spoons
 - » Grater
 - » Skillet
 - » Spoon

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>Kohlrabi is a vegetable that is related to cabbage, broccoli, cauliflower and Brussels sprouts. Kohlrabi is also known as 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>Kohlrabi is a cruciferous vegetable. It is recommended that we eat cruciferous vegetables several times a week to help reduce the risk of certain cancers such as colon cancer. Other cruciferous vegetables are cabbage, broccoli, cauliflower, bok choy, kale, Brussels sprouts and beet and mustard greens.</p>	<ul style="list-style-type: none"> • Show visuals of kohlrabi and other cruciferous vegetables.
<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 to 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.



= for adults or older youth

What You Say:	What you do:
<p>Have any of you grown kohlrabi in your garden?</p> <p>Kohlrabi seeds can be planted in early spring, or if you want a fall crop of kohlrabi, plant the seeds in late July. Kohlrabi likes to grow during cool weather.</p> <p>Plant the seeds 2-3 inches apart and ¼-½ inch deep. Keep the soil moist and take care of weeds. This will help the kohlrabi grow faster.</p> <p>When the bulb is 2-3 inches in diameter, the kohlrabi is ready to be harvested. This size has the best flavor. Larger kohlrabi may be tough and woody.</p>	<ul style="list-style-type: none"> • Allow discussion. • If possible, show a packet of kohlrabi seeds and demonstrate how to plant them using a ruler to show how far apart and how deep the seeds should be planted.
<p>If you are purchasing kohlrabi at the store or farmer's market, choose those 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 woody.</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 kohlrabi to purchase.
<p>Cut the leaves off from kohlrabi, wrap them in a damp paper towel and place them in a plastic bag. They can then be refrigerated for up to 3 days. They can be used like spinach or turnip greens. They are good in salads or stir-fry.</p> <p>The kohlrabi bulbs can be stored in the crisper drawer of the 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>Have any of you eaten kohlrabi before? What does it taste like?</p> <p>Kohlrabi has a mild taste that is sometimes described like a mix between broccoli and cucumbers.</p> <p>Most kohlrabi should be peeled before using. 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, sautéed, 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.



= for adults or older youth

What You Say:	What you do:
<p>To Roast: Heat the oven to 450°F. Peel and slice the kohlrabi bulb in pieces and then cut the slices in half. Place the slices on a baking sheet, drizzle with olive oil and season with salt and pepper. Bake 15-20 minutes or until brown.</p> <p>To Steam: Peel and cut the kohlrabi bulb into small chunks. Place the chunks in a saucepan. Add ½ inch of water. Bring the water to a boil, put a lid on the pan and lower the heat to steam the kohlrabi chunks for 4-7 minutes. Drain and serve.</p> <p>To Grill: Peel and cut the kohlrabi bulb into cubes. Place them on a sheet of foil. Drizzle them with olive oil and add some seasonings. Pull the sides of the foil up around the kohlrabi. Place on the grill. Cook for 10-12 minutes or until the kohlrabi is tender.</p>	<ul style="list-style-type: none"> Go over some ways to prepare kohlrabi with participants.
<p>A fun way to eat kohlrabi may be to make Kohlrabi chips. To do this, peel the kohlrabi and slice it into very thin slices. Toss the slices with some olive oil and sprinkle with salt. Put the slices in a single layer on a baking sheet lined with parchment paper. Bake the slices at 250°F until they are crisp and a golden color. This may take from 35-60 minutes. Place them on paper towels to cool.</p>	<ul style="list-style-type: none"> Demonstrate how to make kohlrabi chips if time allows.
<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.</p> <p>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>MyPlate shows us how to eat healthier. As the MyPlate diagram shows, we should be filling ½ our plates with fruits and vegetables. Depending on your age and gender, one should be eating between 1-4 cups of vegetables each day.</p> <p>Eating kohlrabi can help us meet this recommendation. One cup of cut up kohlrabi, cooked or raw, counts as a 1 cup from the MyPlate vegetable group.</p>	<ul style="list-style-type: none"> Point to the MyPlate visual. Refer to the Daily Recommendations visual for specific age groups. Show a 1 cup measure.
<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.



= for adults or older youth

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 be making 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 the 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.

Use this page if you are going to prepare Kohlrabi Sauté

Equipment List

- Knife
- Measuring spoons
- Skillet
- Cutting board
- Grater
- Spoon

What You Say:	What You Do:
Today we will be making Kohlrabi Sauté. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> • Pass out recipes and read aloud.
<p>This recipe uses kohlrabi and seasonings that will be heated in a skillet over medium heat.</p> <p>Kohlrabi is a vegetable that can be prepared many ways.</p> <p>What is the first thing we need to do to the kohlrabi before we start to prepare the recipe? (Answer: Wash it.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Washing Fruits and Vegetables skill sheet.
<p>After the kohlrabi is washed, we will remove the leaves and peel it. Next the kohlrabi will be shredded using a grater.</p> <p>What does the term "shred" mean? (Answer: To cut or tear into long, narrow pieces.)</p>	
<p>Next we will heat the oil on the stove.</p> <p>The kohlrabi, ginger and shallots will be added to the pan and heated just until the kohlrabi is tender and yet still crisp.</p> <p>If we do not have shallots, what can we use instead? (Answer: Onions.)</p>	<ul style="list-style-type: none"> • Review Stove Top Safety skill sheet. • Allow discussion on substitutions for shallots.
Next we will season the kohlrabi sauté with salt and pepper.	
<p>Salt is one thing that we need to watch in the foods we eat. Our bodies do need salt, but too much can lead to high blood pressure and possibly cardiovascular disease.</p> <p>Dietary guidelines recommend that people over the age of 14 limit sodium intake to 2,300 mg per day (about 1 teaspoon). Individuals who already have high blood pressure should limit sodium intake to 1,500 mg per day.</p> <p>Sodium is in many foods we eat and can be especially high in boxed meals, canned soups and canned vegetables. It is important to check the nutrition facts for sodium. If the daily value for sodium is higher than 20%, that means it is high in sodium. Look for foods that are 5% or lower in sodium.</p> <p>Use spices and herbs to season foods at home. Today the ginger and shallots and pepper may be all we need to enhance the flavor of the kohlrabi.</p>	<ul style="list-style-type: none"> • If possible, show a few food labels to look at sodium content.

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)

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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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

Lakota word translate by Jeshua Estes

**Find more recipes
and videos at
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