



Kohlrabi

What Am I?

Kohlrabi is a firm, round vegetable that is light green or purple in color. It tastes like a mix between cucumber and broccoli. Both the stem and the root can be eaten raw or cooked.

How Do I Grow?

- Kohlrabi is planted in the ground, and it can be picked just 55 days after planting.
- The edible bulb is part of the stem and grows above ground.
- Kohlrabi is in-season during the spring months and not sensitive to cold weather.



Nutrition

Kohlrabi is a great source of potassium, vitamin C, and fiber.

Fun Facts

- Kohlrabi is related to cabbage, broccoli, kale, cauliflower, and brussels sprouts.
- Kohlrabi's name originated from the German words "kohl," meaning cabbage, and "rube," meaning turnip.

