



Santa Cruz River

**FARMERS'
MARKET**

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Kohlrabi 101

Kohlrabi belongs to the cabbage family and got its name from a German word meaning "cabbage-turnip." Kohlrabi is often mistakenly referred to as a root vegetable, but in fact it grows just above ground, forming a unique, turnip-shaped swelling at the base of the stem. Not a commonly used vegetable in American cuisine, kohlrabi is widely used in Central Europe and Asia. Kohlrabi pairs well with butter, sour cream, dill, mustard and horseradish.



SUBSTITUTE FOR TURNIPS Use kohlrabi in any recipe calling for turnips or rutabagas.

RAW Tender, young kohlrabi is delicious eaten raw. Peel the outer skin with a paring knife. Slice, dice, or grate, and add to salads. Use on raw vegetable platters or serve with a creamy dip. Substitute in recipes calling for radishes.

SIMPLE SLAW Combine grated kohlrabi with grated radish. Toss with a dressing of vinegar, sugar, fresh parsley, olive oil salt and pepper.

BUTTERMILK APPLE SLAW Toss equal parts kohlrabi and apple (grated or matchstick slices) with buttermilk, a squirt of mustard (preferably Dijon), a sprinkle of sugar, salt and pepper. Sprinkle with chopped fresh mint if you have some.

ASIAN-STYLE SALAD Combine kohlrabi matchsticks with sliced carrots, seeded chopped cucumber, celery slices. Toss with a dressing of soy sauce, rice or white vinegar, sesame oil and minced garlic.

STEAMED OR BOILED Steam or boil unpeeled bulbs until tender, peel skin, and season with butter, salt, and pepper, a cheese sauce, or just enjoy plain.

ROASTED Toss peeled, cubed kohlrabi root with olive oil, minced garlic, salt and pepper. Place on a preheated baking sheet and roast at 375 degrees for about 30 minutes, turning regularly.

USE THE LEAVES Prepare as you would kale, for example: Wash the leaves and remove the ribs. Blanch in boiling water until just wilted - 3 to 5 minutes. Drain and squeeze excess water from leaves. Chop leaves, then sauté in a little olive oil or butter. Season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon juice.

WITH HORSERADISH Steam kohlrabi strips or wedges until tender (5 to 8 minutes). Toss with a few tablespoons of sour cream, fresh dill, prepared horseradish, salt and pepper.

MASHED Boil chopped kohlrabi bulbs until tender. Sauté some chopped onions and minced garlic. Mash (or puree in a food processor) with kohlrabi; butter or olive oil; cream, milk or stock; salt and pepper.

SAVORY PIE Sauté 3 cups peeled grated kohlrabi in oil for 10 minutes. Stir in two tablespoons of minced fresh dill and set aside. Sauté 1 sliced onion and ½ cup sliced mushrooms until mushroom liquid evaporates. Add minced fresh tarragon and minced fresh basil and set aside. In a separate bowl combine 2 eggs, 1 cup cottage cheese and ¼ cup Parmesan cheese. Spread the kohlrabi in a prebaked pie crust, top with mushrooms and onions, followed by the cheese and egg mixture. Sprinkle with Parmesan cheese and bake for 30 minutes until golden brown.

EAST INDIAN STYLE Boil or roast peeled, cubed kohlrabi until tender. Sauté 1 chopped onion and 1 minced garlic clove in oil until onion starts to brown around the edges. Stir in a teaspoon each of brown mustard seeds and cumin seeds. Sauté for a few minutes more. Add two chopped tomatoes and one minced green chili. Sauté until tomatoes are well-cooked and have developed a sauce-like consistency. Season with salt and sprinkle with garam masala - if you have some, and serve with basmati rice.

-Compiled by Gretel Hakanson