

VEGETABLE OF THE WEEK

# KOHLRABI

**The name says it all: kohl (cabbage) rabi (turnip). This plant was developed by crossing a cabbage with a turnip! The edible part of the plant is an enlarged section of the stem that develops just above the ground. It comes in two colors: a light green and purple bulb.**

**To store: Store kohlrabi globe and leaves separately. The globe will last for 2 weeks refrigerated in a plastic bag. Wrap leaves and stalks in plastic bag and keep in hydrator drawer of refrigerator.**

**Substitute: Substitute kohlrabi where recipes call for carrots, potatoes, or turnips.**

**Handling: Rinse under cold running water just before use. Peel the outer skin off. Trim off the remains of the stalks and root. Grate, slice, or chop as desired.**

**To use: Young kohlrabi leaves can be used in recipes calling for greens. (Remove the tough stems from the leaves.) Cut raw kohlrabi bulb into sticks for a refreshing addition to a raw vegetable tray or grate it for salads. Lightly boil, steam or roast it, or add it to stews and stir -fries. Steam kohlrabi whole 25-30 minutes or thinly sliced 5-10 minutes. Dress slices simply with oil, lemon juice, and fresh dill.**

**To freeze: Cut into cubes or slices and blanch for 3-4 minutes. Place into ice water bath to stop the cooking. Drain and dry. Place in Ziplock freezer bag.**

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