

CULINARY ARTS

GARDEN TO TABLE INGREDIENT SPOTLIGHT

Choosing

The bulbs themselves should be enclosed with skin that's very firm and tight. Kohlrabi is heavy, and should feel more like a baseball in your hand—less like a Nerf ball.

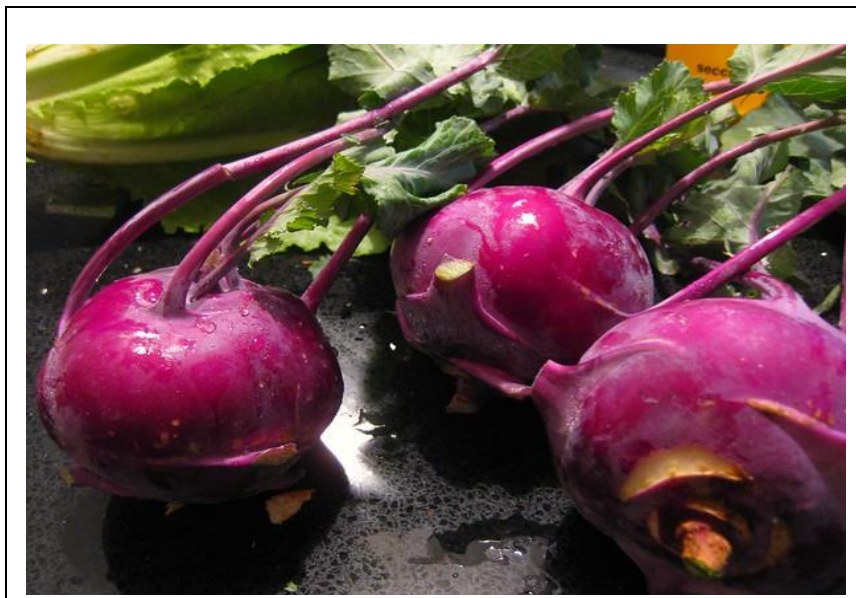
To cook or not

Best suited for both raw and cooked applications such as frying, steaming, roasting, boiling, and sautéing.

Although the bulb of the plant is the most frequently prepared and eaten portion, the leaves are also entirely edible. Chiffonade them finely and toss them in a vinaigrette, or give them a rough chop and either steam or sauté them, as you would collard greens or kale.

Nutritional Value

High in vitamin C and is a good source of both fiber and potassium.



Available year
round

Peak season early fall to spring

PURPLE KOHLRABI

Purple kohlrabi, botanically classified as *Brassica oleracea*, is a bulbous stem that grows above ground and is a member of the Brassicaceae or cabbage family. The name kohlrabi is derived from the Germanic word 'kohl' meaning "cabbage" and 'rabi' meaning "turnip," and can be found in markets with or without the large greens still attached. Purple Kohlrabi is often called a root even though it is technically a stem and is rare and more difficult to find than its green counterpart. Typically found at farmers markets, Purple kohlrabi is favored for its crunchy texture and sweet flavor, utilized in both raw and cooked applications.

