



Kohlrabi

I had a chance to harvest and experiment this week with a new veggie, kohlrabi. Wow! I have really been missing out. I had seen kohlrabi before, but never worked with it. The only thing I can say is “Rockin!”. I did a little research and found out that kohlrabi is German for cabbage-turnip. It is actually the swollen stem of a plant in the Brassica genus, along with cabbages and many other greens. Kohlrabi has a wonderful flavor, delicate and sweet. It is also very versatile. The greens can be cooked separate or added in dishes with the bottoms. The bulbs can be cooked or eaten raw. Raw, they taste like sweet, subtle radishes, perfect for a salad or crudite. Cooked, they are sweet and tender like a turnip, but with a perfect cabbage flavor – no turnip “bite.”

Some of the things I did with them include: a wonderful kohlrabi gratin, stuffed cheesy baked kohlrabi, and lightly braised kohlrabi leaves with shallots and green garlic. They can be mashed and added to

potatoes or other root vegetable purees. They are good boiled, steamed, or roasted whole. They can be scooped out and stuffed or prepared like twice-baked potatoes. They are also a great addition to soups and stews, or just sautéed in a little butter or olive oil. There is so much that can be done with this vegetable it’s amazing. Experiment for yourself. You won’t be disappointed. Happy Cooking!

*Harry Stoehr, Summer Farm
Chef 2001*

KOHLRABI SALAD WITH MINTED YOGURT

This is a recipe that adapted from an Indian salad that calls for cucumbers. It is meant to be a cool and palate cleansing accompaniment alongside a spicy dish. You could add cucumber or carrot and make more of a slaw with this as well.

- 4 kohlrabi (peeled and grated)
- 1 C plain yogurt
- 2 T fresh mint (chopped)
- 1 tsp lemon or lime zest
- Honey
- Salt

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ASIAN STYLE KOHLRABI - CARROT SALAD

Peel and julienne carrot and kohlrabi in a ratio that pleases you. Slice green onion thinly on an angle, in an amount that pleases you. Dress with the following one half hour before serving.

SIMPLE ASIAN STYLE DRESSING

- 1 C sugar
- 1/2 C rice vinegar (or white vinegar)
- 1/2 C water
- 4 Cloves of garlic, minced
- Pinch of salt (or more to taste)

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A Midwestern Palette - Eating With the Seasons

Though many fresh foods are available year round, our regional agricultural community, and the urban communities surrounded by them, benefit when we choose to eat seasonally, from local producers. Knowing the seasonality of our favorite produce allows us to make informed choices.

Jan Feb Mar Apr **May Jun** Jul Aug Sep Oct Nov Dec
Kohlrabi
season

Kohlrabi is best when the weather is cool. Look for early summer and fall crops.

Preparation and Storage Tips

Kohlrabi globes will keep for up to a month in the refrigerator. Remove the leaves and store the greens and globes separately in plastic bags. The greens will need to be used within a few days; you may want to remove the center rib.

Kohlrabi are delicious raw or cooked. To eat them raw, wash and then trim away any tough skin. You can slice and eat them with dip or simply peel and eat them like apples. They are easily grated into salads or coleslaw.

Kohlrabi may be steamed whole for about 25-30 minutes. Slice and dress simply with oil, lemon juice and fresh dill weed, or dip in flour and fry briefly. For a refreshing summer salad, marinate cooked kohlrabi slices in olive oil and your favorite flavored vinegar; then chill and add fresh herbs.

Preparation Steps:

Peel and shred the kohlrabi, place in a bowl, reserve. Strain off liquid, pat dry with paper towel. Place yogurt, mint and citrus zest in a bowl and stir until smooth and creamy. Add cucumber season with salt and honey and let flavors blend for at least 1-2 hours or up to a day. This would be good with a curried meat dish or alongside a spicy satay or shish kebob.

Preparation Steps:

Bring to simmer in a saucepan. Simmer until reduced in volume by half. Remove from heat and add red chili flakes, whole thai chilies or even chili powder to taste. (Adding the chilies whole allows you to remove them when the dressing reaches desired heat, but the flakes look nice.) Cool, then dress the vegetables. Makes enough dressing for 6 cups of vegetables.

SIMPLE ASIAN STYLE DIPPING SAUCE

Add soy sauce or tamari to the simple dressing above. Dip your spring rolls.

Harmony Valley Farm is a family owned farm in western Wisconsin, dedicated to producing high quality, beautifully clean, and deliciously fresh certified organic produce. Our farming methods protect the environment and enhance diversity.