

Everyone Eats

Cultural Community Garden

Kohlrabi might look like a turnip, but it is actually in the cruciferous family with cabbage, broccoli, and cauliflower. This vegetable is popular in northern and eastern European countries like Germany and Hungary, as well as northern Vietnam and eastern India. Kohlrabi has a waxy lobed skin and comes in green, white, or purple varieties. The thick part of the plant is the bulb, with stems and leaves that

KOHLRABI

can be chopped up for salads, soups, or cooked down and seasoned similarly to collard greens. Some people compare the taste and texture to that of broccoli stems and say it has a mild spice flavor like a radish or turnip. Kohlrabi is very cold tolerant and can be grown anywhere it has access to full sun. It is also highly suitable for growing in a pot that is at least 16" wide and 16" deep.

BENEFITS

- Vitamin C
- Vitamin B6
- Potassium
- Fiber

HOW TO STORE

Kohlrabi bulb can last several weeks in the refrigerator. The leaves don't last as long but can be stored in the freezer in an airtight container.

HOW TO PREPARE

Peel the outer layer and trim the off the root. The leaves and stems can be chopped for salads or stir fry. The bulb can be sliced, diced, blended or creamed, or even hollowed out and stuffed with a filling.



WHERE TO FIND

- St. Mary's Episcopal Church – 3055 Main Street, Barnstable
- Marina F. Andrews Community Garden at Tony Andrews Farm – Berry Patch Lane, East Falmouth
- Faith Assembly of God – 154 Bearses Way, Hyannis
- Canaan Seventh-Day Adventist Church – 204 Route 28, West Yarmouth

Töltött Karalábé: Hungarian Stuffed Kohlrabi

Serves: 4-6

Time: 95 minutes

Ingredients

- 6 medium kohlrabi
- 1 large onion, finely chopped
- 1 ½ tablespoons butter
- 1 pound ground beef, uncooked**
- 2 large eggs
- 1 clove garlic, chopped
- 1 ½ cups broth (chicken or vegetable)
- 1 cup sour cream
- 2 tablespoons flour
- Salt and pepper to taste**



Instructions

1. Preheat the oven to 350°.
2. Place the kohlrabi (stems removed) in a pot filled with water and bring it to a boil. Once boiling, let it sit for 20 minutes.
3. Remove them from the water using tongs and allow them to cool. Then, peel away any tough skin and chop a bit off of the bottom so that they can rest flat on a surface. Cut off the top as well (save the tops on the side) and scoop out the center of the bulb, leaving about a ¼ inch thick wall on the sides and at the base (kind of like creating a bowl).
4. In a separate bowl, combine the ground meat, chopped garlic, eggs, and salt and pepper. Mix these all together.
5. Meanwhile, bring a medium-sized skillet to medium-low heat and sauté the butter, onions, and the parts that you've just scooped out of the kohlrabi bulb. Heat these until the onions look translucent.
6. Now, scoop the meat mixture you made into the kohlrabi, and cap it with the tops you set aside earlier. Place each one into a casserole dish that is drizzled with cooking spray, olive oil, or vegetable oil.
7. Bake them in the oven for 40-50 minutes.
8. Serve with sour cream or plain yogurt.

****Notes**

1. Alternatives to beef could be ground turkey, pork, or even quinoa, lentils, or finely chopped mushrooms. For every 1 pound of ground meat, use 8 ounces of mushrooms (5).
2. Flavor alternatives to salt or additions could include garlic or onion powder, balsamic vinegar, lemon juice, or any fresh herb such as rosemary, paprika, or thyme.
- 3.

Source: <https://www.thespruceeats.com/hungarian-stuffed-kohlrabi-recipe-1136281>

Kohlrabi Stir Fry

Serves: 4

Time: 40 minutes

Sauce Ingredients

- 2 garlic cloves, peeled
- 1 small red chili, or 1-2 tsp chili sauce
- 2 tbsp sugar
- 2 tbsp lime juice
- ¼ cup rice vinegar, or any vinegar
- ¼ cup Vietnamese or Thai fish sauce**

Stir Fry Ingredients

- 2-3 tbsp oil
- 2 cloves garlic, peeled and minced
- 4 medium kohlrabi, peeled and cut into rounds or half rounds
- 2 large carrots, peeled and diced
- 1 pound protein of choice: shrimp, tofu, chicken, beef, etc.
- The remainder of the kohlrabi leaves and stems, washed and finely chopped



Instructions for the Sauce

1. Grind up, puree, or blend the garlic, chili, and sugar until you have a thick paste. Add the lime juice, vinegar, and fish sauce, stirring to combine. Set this aside.

Instructions for the Stir Fry

1. Heat oil in a wok or large skillet over high heat. Put the garlic in and cook briefly for 15-30 seconds. Then, add the kohlrabi and carrot, stirring frequently until the vegetables begin to brown.
2. Add the protein of your choice to the pan. If it is raw meat, you can cook it separately before adding it to the vegetables.
3. Put about ¼ cup of the sauce you made into the pan and coat the veggies in that until they begin to form a glaze. Then, turn off the heat, add the stems and leaves you set aside earlier, or any sort of leafy green (swiss chard, spinach, arugula) to the pan, and stir constantly until they begin to wilt.
4. Add the remainder of the sauce and serve over rice or a grain of choice.

****Notes**

- You can use a mortar and pestle, blender, or food processor to create the paste.
- Fish sauce alternatives: soy sauce, coconut aminos, or Worcestershire sauce.

Source: <https://nwedible.com/stir-fried-kohlrabi-and-prawns-vietnamese/>

Kohlrabi Slaw

Serves: 4

Time: 15–20 minutes

Ingredients

- 3 cups kohlrabi (1 pound), peeled & cut into matchsticks
- 1 cup carrots (2 large carrots), shredded
- 1 apple, cut into matchsticks
- 2 green onions, thinly sliced
- 2 tbsp chopped parsley
- 2 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tbsp maple syrup, honey, or sugar
- ½ tbsp Dijon mustard
- ½ tsp kosher salt



Instructions

1. Chop the kohlrabi, carrots, apple, green onion, and parsley according to the instructions listed next to each ingredient above.
2. Mix all ingredients into a bowl with olive oil, white wine vinegar, maple syrup, Dijon mustard, and kosher salt.
3. Enjoy!

Source: <https://www.acouplecooks.com/kohlrabi-recipes/>

Everyone Eats

Cultural Community Garden



Visit **[BuyFreshBuyLocalCapeCod.org](https://www.buyfreshbuylocalcapecod.org)** to watch cooking videos and for more information about the Everyone Eats program.