

Kohlrabi



SEASONALITY



NUTRITIONAL PROPERTIES

Kohlrabi is high in antioxidants, vitamin C, fiber, and minerals. It can be eaten raw or cooked.

STORAGE

Kohlrabi should be stored in the refrigerator. Storing kohlrabi in a plastic bag could extend how long it lasts. Kohlrabi can last several weeks.

PRESERVATION

Kohlrabi can be blanched and frozen in cubes. Canning is not recommended for kohlrabi preservation.

HOW TO PREPARE KOHLRABI FRIES

1. Preheat the oven to 425 ° F.
2. Peel the kohlrabi using a paring knife or vegetable peeler.
3. Cut the kohlrabi in half in strips.
4. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 15-20 minutes.

Roasted kohlrabi can be added to fall salads or consumed as a side. Some choose to make a “slaw” and add kohlrabi to cabbage, apples, or chopped salad.

RECIPES FROM HDFFA

with kohlrabi

- Add kohlrabi to Tuna Cakes and Roasted Root Vegetables

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