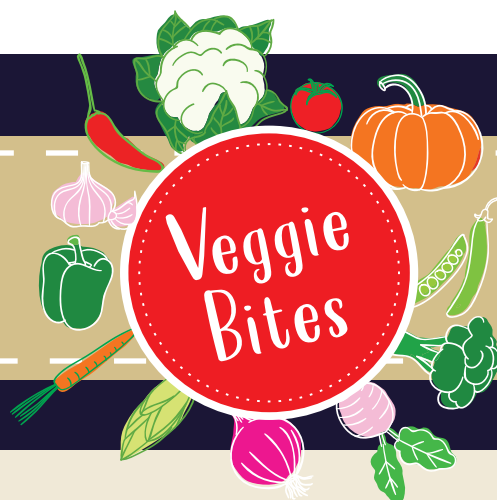


# Kohlrabi

## Colinabo



Try It!



## Selection

When selecting kohlrabi, be sure it is no larger than 2 1/2" in diameter with the greens still attached. The greens should be deep green all over with no yellow spots. Yellow leaves are an indicator that the kohlrabi is no longer fresh. Kohlrabi can keep its freshness for up to a month in the refrigerator.

## Uses

Kohlrabi is good steamed, barbecued or stir-fried. It can also be used raw by chopping and putting into salads or you can grate it into a salad. Kohlrabi is porous and absorbs the flavor of your dressing for added flavor.

### CRISPY CITRUS SALAD

#### Ingredients

- 1 1/2 cups shredded spinach
- 1 1/2 cups shredded kohlrabi
- 1 cup shredded celery
- 1 1/2 cups shredded carrot
- 2 tablespoons shredded fresh basil
- 1 tablespoon minced fresh parsley
- 3/4 cup chopped red bell pepper
- 1 teaspoon black pepper
- 1 tablespoon minced garlic
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- Zest and juice of 1 orange
- 1 cup grapefruit segments
- 1/2 cup orange segments

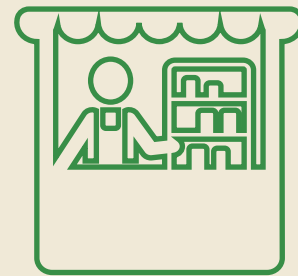
#### Instructions

1. Toss all ingredients together in large bowl except for grapefruit and orange segments. Top with citrus pieces.
2. Try it with cod for a hearty twist!

# History & Fun Facts

"Kohlrabi" is a German word that was unchanged, Kohl means cabbage and Rabi means turnip. Kohlrabi was developed in Northern Europe a little before the 16th century. Kohlrabi first came as a cold tender, nonheading plant with a thick succulent stem. Kohlrabi is now known as a hardy vegetable developed in a cool climate. Kohlrabi was first used in the United States around 1806. Kohlrabi is easy to grow and very productive.

Two main types are grown in America, white and purple. The "white" is more popular although the purple is more attractive.



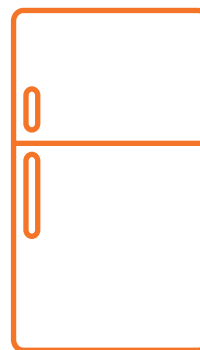
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ALL produce should be washed before eating, even if you grow it yourself.
- Be sure to get rid of all bruised spots before washing and eating.
- Drying produce with a clean cloth towel or paper towel will further help to reduce bacteria



### NUTRITION FACTS

Fat free

Good source of potassium

Good source of fiber

Good source of Vitamin C



Swipe at the Information Booth on the corner of 2nd and Main.  
Double your \$10 EBT swipe on the 1st Saturday of each month!



## Swipe & Shop



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <http://www.mayoclinic.org/healthy-lifestyle/recipes>  
FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.