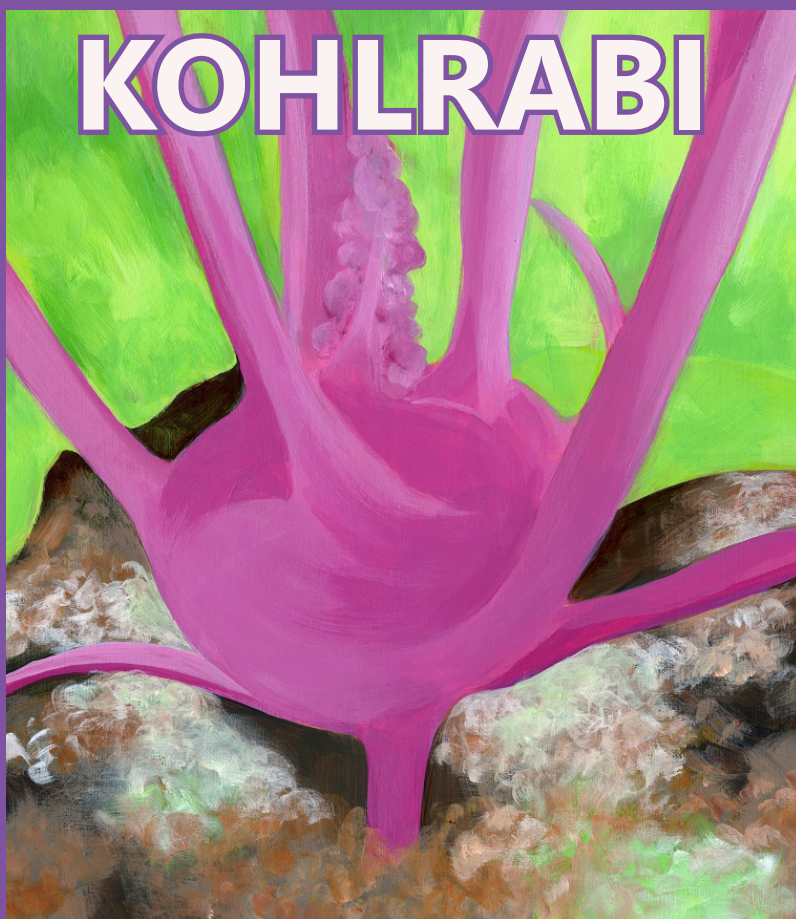


Harvest of the Month



KOHLRABI



Local Highlight

Kohlrabi loves cool weather, and Luna Farm loves to grow kohlrabi in the fall and winter!

Check out our video about kohlrabi and Luna Farm:

hcoe.org/nutrition/hotm

Literature Links

- *The Ugly Vegetables*, by Grace Lin
- *The Vegetables We Eat*, by Gail Gibbons

Video Discussion

- What other vegetables is kohlrabi related to?
- What is special about the variety of kohlrabi that Fred and Amy grow at Luna Farm?
- What happens to leftover produce at Luna Farm?

Harvest of the Month



KOHLRABI

Brassica oleracea



Spanish: el colinabo
Hmong: kohlrabi

Nutrition Power

Kohlrabi is an excellent source of vitamin C and potassium.



Vitamin C
helps you fight
infection!



Potassium
helps your
muscles contract!

History

Kohlrabi is a close relative of broccoli, cabbage, Brussels sprouts, kale, and other vegetables in the Brassica family. They were all developed from the wild cabbage. Broccoli was created by selecting for the flower buds; cabbage and kale for the leaves; Brussels sprouts for the compact buds along the stem. Kohlrabi was created by selecting for a swollen stem. Today it is most commonly eaten in German speaking countries, northern Vietnam, and eastern India.



Did You Know?

- Plant part we eat: STEM
- As the kohlrabi plant matures, its stem becomes big and round like a baseball just above the surface of the soil. The leaves that grow out from the stem give it a funny appearance - some people say it looks like an alien spaceship!
- There are purple and green skinned varieties of kohlrabi, but all are a creamy white color on the inside.
- The world record for the heaviest kohlrabi was set by Scott Robb in Palmer, Alaska in 2006. It weighed in at 96 lb, 14.4 oz!

