

# Harvest of the Month



## KOHLRABI



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a kohlrabi.
2. **MAKE** a dish with kohlrabi using the recipe and ingredients provided.
3. **LEARN** about kohlrabi with the information below.

### Fun Facts

- Kohlrabi is not a root vegetable like a carrot or radish. The edible part is actually a swollen stem!
- 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!
- Kohlrabi is a close relative of broccoli, cabbage, Brussels sprouts, kale, and other vegetables in the Brassica family.
- Kohlrabi is an excellent source of vitamin C which helps you fight off infection!

### Local Connection



Fred and Amy Diekmeyer produce lots of fruits and veggies at Luna Farm near Redcrest. Fred is from Germany where kohlrabi is very popular, so he loves to grow it! Some of the varieties Fred and Amy grow get quite large, but never get tough or woody.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



*Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.*