

Kohlrabi Information Sheet

Today's Farm to School Snack features local kohlrabi!

While kohlrabi originated in Northern Europe, the kohlrabi you will be trying today was grown locally at:

in

How Does It Grow?

Kohlrabi may look like a root vegetable, but it actually grows above the ground and belongs to the cabbage family. With water and sunlight, the seed grows from a small leafy bundle to a round, swollen bulb with long, leafy stems and bright green leaves on top. It's harvested when the bulb reaches the size of a firm, round softball. When eaten raw, kohlrabi has a crisp texture and a slight peppery flavor, blending the tastes of radish, turnip, and broccoli. It can be enjoyed raw, cooked, mashed, in salads, soups, stews, or even pickled.



Fun Facts

- The name kohlrabi comes from the German words for cabbage (kohl) and turnip (rabi).
- The kohlrabi plant has a unique shape, resembling a quirky space alien or an oddly-shaped cabbage.
- Kohlrabi should be fully peeled before eating, removing the thick, tough outer layer.

Around the World

Kohlrabi was first documented by a European scientist in 1554 and quickly became popular in Europe, Russia, and Asia. It eventually reached Canada with European settlers in the 1800s. In China and India, kohlrabi is often stir-fried with spices such as cumin, turmeric, garlic, and ginger. In Poland and Germany, it's commonly added to stews and soups with potatoes, carrots, and other root vegetables.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include kohlrabi.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this crunchy snack!

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