

**Try Day Friday – July
Welcome to Kohlrabi season!
Brought to you by:**



What exactly is Kohlrabi? Kohlrabi is an alien-like shaped vegetable that originates from northwestern Europe and comes from the German work “kohl” (meaning cabbage) and “rabi” (meaning turnip). Kohlrabi actually comes from the cabbage family and is one of Eat Real America’s favorite “strange vegetables!” This is a “don’t knock it until you try it” type of food. Several months ago, Eat Real America was doing a cooking demo for a group of business leaders. They were keeping it simple by sautéing some fresh vegetables, which were marinated in olive oil and balsamic vinegar, and then topped them with fresh herbs. To make it a little more interesting (and, of course, to nudge people out of the box), they included some kohlrabi in the vegetable mix. The most popular question was “what is that crunchy thing?” When they explained it was kohlrabi, the most common response was “Wow, I have never had kohlrabi before... I really like it!”

How do you pick and eat them? It’s grown above ground... it is not a root vegetable, and the edible bulb is actually part of the stem. In the 150 Healthiest Foods on Earth by Jonny Bowden, kohlrabi is described as a “cross between an octopus and a space capsule.” Sounds like something you want to rush out and get, right? It is a cool-season crop, so you may not find it at farmers’ markets in the summer in regions where the summer heat affects its growth. But it grows well in the spring and fall... and year-round in cooler climates.

Why you should respect the bulb! When picking a kohlrabi, you want it to be firm, not soft or squishy. The bulb is the part people typically eat, although you can also cook the greens. Kohlrabi is found in white, pale green and purple and doesn’t need to be peeled; however, large kohlrabi can have a tough and bitter outside layer, so unless you find smaller kohlrabi, you probably want to peel it before eating. While it may be tempting to buy the largest kohlrabi of the bunch, the smaller ones will be much more tender, crisp and juicy. The inside is white and has a crunch, similar to an apple. You can peel it with a vegetable peeler, but a small paring knife works just as well. Kohlrabi will keep in the crisper drawer of your refrigerator for at least a week or more.

What can you do with Kohlrabi? Kohlrabi is excellent raw... in salads or to use with your favorite dip or hummus... or cooked into some fantastic meals. Kohlrabi is extremely nutritious! It is low in calories (only 19 calories for a ½ cup of raw slices) and a great source of potassium, Vitamin C, and fiber. One of the best reasons to include kohlrabi in your routine is... it’s a cruciferous veggie! This means it’s filled with antioxidants and extra cancer fighting nutrients! You might hear someone describe kohlrabi as a mild radish or turnip, but we think it tastes more like a combination of a water chestnut and an apple. One of our favorite descriptions comes from a farmer who once told us... “Kohlrabi is the poor man’s water chestnut.”





CHILI KOHLRABI FRIES

Have you wondered what do to with kohlrabi? Kohlrabi (pronounced kohl-rah-bee), may look a little strange but it is a delicious and versatile cruciferous vegetable. The outside is light green or purple and the insides are white. It's similar to a sweet radish and can be cooked or simply eaten raw. You trim the stems and we normally peel them since the skins can be thick and tough. This recipe for kohlrabi fries is a great way to enjoy vegetable fries that still have some crunch!

PREHEAT OVEN TO 425 DEGREES

PREHPARE AND BAKE THE FRIES:

- 3 kohlrabi (stems removed, peeled and cut into matchsticks)
- 2 Tbsp coconut oil (melted)
- 1/4 tsp sea salt
- 1/2 tsp chili powder
- 1/2 tsp ground cumin

Add to a large bowl and stir to combine. Spread onto a large greased baking sheet in a single layer. Bake for 5 minutes, remove from the oven and stir to toss, and then bake 5 minutes more. (Some people bake their kohlrabi fries as long as 30 minutes, but we tried this and they got pretty soft, so we shortened the bake time so they would be hot and slightly browned, but still crunchy. Feel free to adjust the cooking time to your preference.)

SERVE AND ENJOY!

NUTRITION INFORMATION FOR ONE SERVING

Calories: 90
Fat: 7 g
Saturated Fat: 5.9 g
Total Carbohydrate: 7 g
Cholesterol: 0 mg
Fiber: 4 g
Sugars: 3 g
Protein: 2 g
Sodium: 120 mg

You can easily switch up the chili powder flavoring for another seasoning such as curry powder or just olive oil, salt and pepper would taste great too! Enjoy this idea or many others on www.eatrealamerica.com.