

GROWING GOOD HEALTH



Kohlrabi



Growing Tips:

Light Requirements: Full sun.

Soil Requirements: Soil needs to be well-worked and loose, nutrient rich, and well-draining. Keep mulch off the stem to prevent any rot.

Water Requirements: Keep the plants well-watered. Plant needs about 1 inch per week and should be watered in the mornings so that the leaves can dry before evening to prevent disease.

Harvesting: Takes 40-45 days to mature. Leaves can be used as a spinach substitute.

Storage: Can be stored in a plastic bag in the refrigerator for several weeks. Kohlrabi can also be frozen or pickled.

Kohlrabi is one of those vegetables that you can help but wonder what it is. Though it may seem unfamiliar, it is in the same family as a cabbage, kale, collards, broccoli, and cauliflower. Some describe the flavor as similar to a broccoli stem but sweeter, and young kohlrabi can be as juicy as an apple. Kohlrabi makes an excellent addition to raw salads and slaw recipes.

Nutritional Information:

Calories: 36

Total Fat: 0.1 g
Saturated Fat:
Trans Fat:
Cholesterol: 0 mg
Sodium: 27 mg
Total Carbohydrate: 8.4 g
Dietary Fiber: 4.9 g
Sugar: 3.5

Protein: 2.3 g
Vitamin A: 49 IU
Vitamin C: 84 mg
Calcium: 32 mg
Iron: 0.5 mg

