Kohlrabi in 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.

**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.

**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