Kohlrabi, which translates to “cabbage turnip” in German, is a cultivar of wild cabbage, and grows in green and purple skinned varieties. It can be used raw or cooked, and has a mild, crisp center. Young summer kohlrabi is tender and mild, while fall crops can be stored through the winter and used for cooking. High in fiber and a good source of minerals and vitamin C and B-6, kohlrabi is healthy and available almost year-round.

Cooking
Trim the tops off and the woody bottom stem, if needed. Remove the tough outer skin with a pairing knife or sharp peeler to uncover the smooth, white center. Eat raw in salads or slaws, roast, stir-fry, or cook in soups and stews. Try slicing and pickling, or fermenting as part of sauerkraut or kimchi. The leaves are also edible and can be used like kale or cabbage.

Storage
Separate leaves from bulb to store. Store the leaves in a plastic bag with a damp paper towel and refrigerate. Bulbs can be refrigerated separately in a plastic bag or container. Kohlrabi does not freeze well, but can be pickled to extend life.
Nutty Kohlrabi Slaw

Serves: 4  Time: 15 minutes

Ingredients:
- 2 lb (3-4 small or 1-2 large) kohlrabi
- 1 apple, cut into matchsticks
- 1 tbsp cider vinegar
- 1 tbsp sesame oil
- 2 tbsp light oil (vegetable or canola)
- 2 tsp salt
- 2 tbsp tahini or nut butter
- 1 tsp black pepper
- ½ tsp red pepper flakes
- ½ cup nuts or seeds (peanuts, almonds, sesame seeds, sunflower seeds, or a mix)

Directions:
1. Peel kohlrabi and cut into matchsticks, or shred using a coarse grater. In a large bowl, combine kohlrabi and apple and sprinkle with cider vinegar to prevent browning. Toss gently to coat.
2. In a small bowl, whisk together sesame oil, vegetable oil, salt, tahini (or nut butter), black pepper, and pepper flakes. Add cold water, 1 tbsp at a time, whisking until dressing is thick and smooth.
3. Pour dressing over kohlrabi and toss until evenly coated. Sprinkle nuts and seeds over the top and serve. Leftovers can be refrigerated in an airtight container for up to 5 days.

Quick Tips
- Toss in some other fruits & vegetables to use what you have: pears, jicama, zucchini, radish, cabbage, and carrot all work well.
- For a sweeter slaw, omit black and red pepper and add dried fruits or a touch of honey; for a savory slaw, replace salt with 2 tsp soy sauce. Kick up the heat with a splash of hot sauce!