

KOHLRABI



- Kohlrabi is a member of the brassica family. It isn't something you will find very often in our supermarkets, but after numerous customer requests we've added it to our range.
- Both the leaves and the swollen stem are edible. The round part can be eaten raw in salads or grated into coleslaw, or diced into stews, or roasted whole like a turnip, especially when picked small. They are best peeled as the skin can be fibrous.
- The leafy part can be treated like Kale or Spring greens, steamed, sautéed, added to soups or if the leaves are small enough, they can be added raw to salads
- Kohlrabi is a fantastic vegetable to grow as it stands well into the colder months when there may not be such a wide choice of fresh vegetables growing in the veg plot.
- As with all other plants in the brassica family, they are prone to white-fly and pigeon damage, so fine netting is a good idea from planting out right through to harvest.