Kohlrabi: The Martian Vegetable

Andrew Croft
Utah State University

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Kohlrabi: The Martian Vegetable

You're in for a treat with this truly bizarre veggie, which also, as it so happens, is one of my favorites. While some of our CSA members are going to see this...thing...in their baskets and think “what in the name of the farmer, son, and the holy cow is that?” We want to let you know that, no, we’re not pulling any pranks by putting that in the share, and additionally, it really doesn’t taste as funky as it looks (and I am so sorry for that pun everybody).

In fact, in my opinion it’s downright delicious despite looking like a plant version of sputnik; kohlrabi is so eager to please in the flavor department, it almost seems like it’s trying to compensate for it’s image. The swollen stem, which isn’t a root at all, is sweet, mild, and incredibly crisp and refreshing. This one is perfect for raw snacking with just a little sprinkling of salt. If you don’t know what to do with it, I really suggest trying it this way for a glimpse of kohlrabi’s true asset: its versatility.

The veggie is almost chameleon-like, able to fulfill so many roles in the kitchen that it’s hard to find what recipes you can’t put it in. It can be grated into slaw, steamed and served with cream sauce and nutmeg (the German way), or made into extra crispy pickles. It can be stuffed with meat fillings and baked, replace the potatoes in a gratin, or, in keeping with the summer season, barbequed on the grill by sealing cubed pieces of kohlrabi with butter and seasonings in foil. The foil packet is left on the grill for ten minutes, turning it over once midway through the cooking process.

I’ve heard that it’s also a natural companion to curry and ginger. That would make sense, as this vegetable, normally neglected by many cuisines, receives its just recognition in the Kashmir state of northern India. In this beautiful region it is called munj, and reaches a particularly fine quality in the cooler altitudes near the Himalayas.

Unfortunately, this vegetable is hard to find in the US. Poor kohlrabi, the martian baseball that it is, couldn’t compete with the good looks of it’s close relatives, broccoli or cauliflower. About the only places it can be found here are farmers’ markets and CSAs. So here’s a unique opportunity to try not only a delicious crop, but a charmingly weird one at that.

Andrew Crotti

Recipe by Shannon Babb

Kohlrabi and Lettuce Salad with Fresh Dill Dressing

It is a bit warm outside to cook but that doesn’t mean you can’t enjoy a good meal. This light and crisp salad can help you provide a counterpoint temperature.

Ready in 10  Serves 2

Ingredients
8 cups of lettuce
2 peeled kohlrabi bulb
1 granny smith apple
1 radish
1 chopped green onion
2 tablespoons white wine vinegar
1 tablespoon fresh lemon juice
¼ teaspoon of kosher salt
¼ teaspoon ground black pepper
½ cup extra virgin olive oil

Directions
1. Combined the green onion, vinegar, lemon juice, salt, black pepper, and olive oil in a mason jar.
2. Screw on the mason jar lid and shake until the ingredients are combined.
3. Wash the lettuce.
4. Slice the kohlrabi and apple into thin long strips.
5. Toss the lettuce, kohlrabi, and apple in a large bowl.
6. Put tossed salad into individual bowls.
7. Dress the salad with the dill salad dressing.
8. Serve and Enjoy!
Announcements

How to Eat Kohlrabi Leaves
Kohlrabi leaves taste something between a cabbage and kale. They are edible, but need to be cooked before eaten. Unfortunately the cooking process toughens the stems. Before eating remove the main stem from the leaf and then substitute the leaf for kale or chard in a recipe.

How to Peel Kohlrabi
1. Trim the leaves off of the bulb.
2. Wash and dry bulb.
3. Lay a sharp knife against the top of the bulb.
4. Carefully slice off a strip of skin.
5. Repeat the process until the plant is peeled.
6. Prepare the flesh of the Kohlrabi as desired.

Herbs in the Garden
- Thyme
- Lemon balm
- Hyssop
- Sage
- Lavender
- Catmint
- Garlic chives
- Greek oregano
- Chives
- Chamomile
- Summer savory

Volunteer hours:
Tuesday, Thursday, Friday: 9 am to 12 pm

Missed pickup policy:
If you forget to pickup your share for the week at your scheduled time, we are so sorry but you will have to forfeit the share for the week. If you let us know a week in advance that you will be gone, we can definitely work something out so you don’t miss a share. Also, you can have a friend, neighbor, or relative come pick up your share for you if you will be gone. They just need to come at your scheduled pickup time and let us know who they are picking up for.

What you might see in your next box

lettuce
kale
peas
zucchini
green onions

The wildflower row has been blooming and bringing bright beauty to the farm

On the Farm News

It has been another exciting and busy week on the farm. The highlight was having the privilege to be joined by the outreach interns who brought along an amazing group of children for some hands on experience. We are impressed when, each month we can share our knowledge with such an intelligent and beautiful group of kids. Every single one of them is willing to learn and is so curious to find out how things connect and grow on the farm.

The children are split into small groups and each of our farm interns gets to teach them about a different aspect of the farm. They are keen to help out and play games. Last week they loved picking the sweet red strawberries that have been growing in abundance on the farm. Not just fun to pick, but even more fun to eat! With our bees being highlighted this week, the kids loved learning and crafting little bees as they buzzed all around the farm.

We think it is really important to teach children all about healthy and nutritious organic foods. We get to show them each part of the process, we show them seeding, to planting, growing, harvesting, and then onto tasting. What we have really appreciated from working with these children is that they love to learn!

We are just so grateful for the opportunity to work with them and hope that their time with us on the farm will help them to make healthy food choices in the future!

We have also been busy transplanting lots of summer veggies including squash and a good variety of cucumbers. And just a reminder that our pumpkin field is fully planted, and we are hoping for a great harvest come the fall!

Eric Manrique