

Kohlrabi and Turnips

December 2017

Did you Know?...

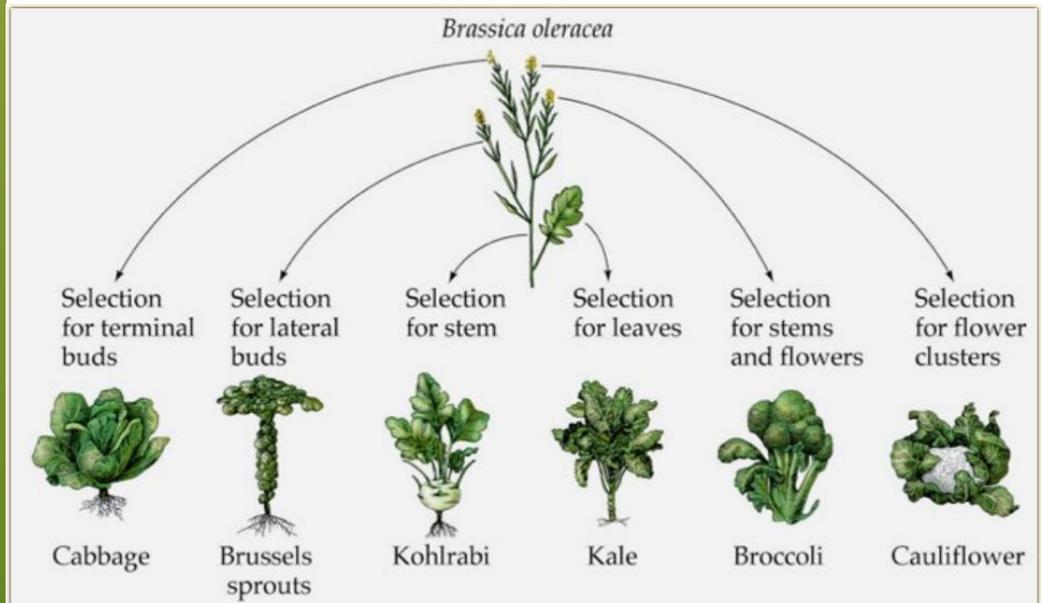
- Kohlrabi or “cabbage turnip” tastes like a mixture of cucumber and mild broccoli.
- Did you know that turnips come in all shapes and colors, from round to cylindrical and rose to black!
- Amber Globe, Purple Top, Scarlet Ball, White Egg and Orange Jelly are all varieties of turnips.
- Kohlrabi looks like a combination of both a cabbage and a turnip. It’s name even originated from the German words kohl = cabbage and rabi = turnip.
- The heaviest turnip on record weighed 39 pounds and was a variety known as the Mammoth Purple Top turnip!
- Kohlrabi has been grown throughout Germany, Italy, Spain, and England by the early 1600’s but it did not make it to the United States until the 1800’s.

For the month of December we are focusing on the Brassicaceae family otherwise known as the “mustard” family. Kohlrabi and turnips are included in the Brassica genus. Brassicas are a group of vegetables, including cabbage, broccoli, cauliflower and kale, that thrive in cool climates, are remarkably hardy and frost-resistant and are noted for their nutritional values.

Several species in the Brassicaceae family are not a part of the Brassica genus. Horseradish, arugula, watercress and radishes are all of members of the Brassicaceae family but belong to the Armoracia, Eruca, Nasturtium and Raphanus genera.

The Brassica genus itself is further subdivided, with the Brassica oleracea species being the largest, with seven main cultivars. These include the familiar head-shaped brassicas (broccoli, cabbage and cauliflower), leafy brassicas (kale and collard greens), Brussels sprouts and kohlrabi. A second species, Brassica rapa, includes cultivars like mizuna, Chinese cabbage and turnips. Yet another species, Brassica napus, encompasses rutabaga and Siberian kale.

(More information can be found at <http://www.hobbyfarms.com/how-to-grow-brassicas-2/>)



Check out the delicious and nutritious turnip and kohlrabi recipes from Crossing Rivers Health!

Bacon Turnip Mash

Yield: 4 servings

Ingredients

- 2 pounds orange turnip
- 3 T butter
- pinch of salt
- pinch of pepper
- dash of garlic powder
- ½ pound bacon



Directions

1. Peel and cube the turnips. Cook in salted water until very tender. Drain, then mash with butter, salt, pepper, and garlic powder to taste.
2. In a skillet, fry the bacon until crispy. Remove from skillet and crumble. Reserve 2 T of the bacon grease.
3. Add the reserved grease, mashed turnip, and bacon to the skillet. Stir to heat to desired temperature.

Recipe adapted from allrecipes.com

“Kohl” Slaw

Yield: 8 servings

Ingredients

- 2 cups chopped cabbage
- 4 kohlrabi bulbs, peeled and grated
- 2 celery stalks, sliced thin
- 2 carrots, grated
- 2 T minced onion
- 1/3 cup white sugar
- ½ t salt
- 1/8 t pepper
- 1/8 t celery seed
- ½ cup mayonnaise
- 4 ½ t apple cider vinegar

Directions

1. Toss the cabbage, kohlrabi, celery, carrots, and onion together in a large bowl.
2. Whisk together sugar, salt pepper, celery seed, mayonnaise, and vinegar in a separate bowl. Pour over cabbage mixture. Chill for 1 hour before serving.



Other ways to eat Turnips and Kohlrabi:

- Turnips can be consumed raw. Slice young peeled turnips and serve with hummus.
- Use turnip greens as an alternative to cooked spinach or collard greens. Sauté or steam greens with garlic, onion, oil and lemon!
- Kohlrabi can be eaten raw, steamed, roasted, or grilled.
- Add thin slices of kohlrabi to salads, sandwiches and wraps.
- Use kohlrabi in place of radishes, broccoli stems, or turnips.



Play with your food

Draw a funny face on all of vegetables that are part of the *brassica* family.

Answer: Kohlrabi, Cauliflower, Green and Red Cabbage, Brussels Sprouts, Kale, Broccoli, and Turnips are all in the *brassica* family.



Call for Volunteers!



Farm to School Members are looking for help with:

- Classroom nutrition education lessons
- Maintaining school gardens
- Serving on the Healthy Roots Coalition of Crawford County
- Community Events

For more information please contact Crawford County Farm to school at f2s@crowfordcountywi.org.