



ISLAND GROWN

HARVEST OF THE MONTH

- November -

KOHLRABI

FEATURED FARM OF THE MONTH: SLIP AWAY FARM

Lily Walter of Slip Away Farm finds that kohlrabi grows surprisingly well on Chappaquiddick's sandy, nutrient-poor soils. The Kolibri variety is her favorite, as it is a rich, beautiful shade of purple. The taste of kohlrabi can be likened to that of broccoli stem and the texture is similar to a hakurei or salad turnip. Lily's favorite way to eat kohlrabi is to slice it thinly and eat it raw, dipped in hummus. Look for kohlrabi at the Slip Away farm stand on Chappaquiddick and at the West Tisbury Farmer's Market.

HEALTHY SERVING IDEAS

Kohlrabi greens can be eaten raw in salad if young and fresh, or sauteed or steamed like mustard greens.

Combine grated raw kohlrabi bulbs, carrots, onion, red cabbage and cilantro. Drizzle with an olive oil and apple cider vinegar dressing and add a dash of sea salt for a fresh salad.

Steam kohlrabi and puree into a creamy soup with mild spices so the kohlrabi flavor can shine through.

HEALTH BENEFITS

MANGANESE

COPPER

IRON

CALCIUM

**B-COMPLEX
VITAMINS**

FIBER

**IMPROVES
METABOLISM**

SHOPPER'S TIPS

Choose kohlrabi with unblemished leaves and a bulb that's three to four inches in diameter; the bulb should not appear cracked or overgrown.

To store the edible leaves, cut them from the bulb, wrap them in a damp paper towel, and place in a plastic bag in the fridge.

Leaves can be refrigerated for three to four days; the bulb for several weeks.

Always peel the tough outermost layer of the bulb.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

