



Winter Vegetable Gardening Tips from Joyce Gemmell

Kohlrabi *Brassica family*

This is the mystery vegetable since there is nothing like it in the plant world although it is thought to have derived from wild cabbage. The closest vegetable in taste is the core of the cabbage. The plant has an edible “bulb” produced on a stem above the ground. The leaves sprout from around the top of the bulb. The flesh is mild and crisp. The bulb should be peeled before eating. Direct seed ¼“ deep, with 2 seeds per inch, cover with sand or compost for faster germination. Thin to 3-4” apart in rows 5” apart in wide bands. Begin to harvest when stems have swollen to 1” to make room for remaining bulbs to expand.



Varieties: **Grand Duke** (45 - 60 days) and **Purple Vienna** (60 days).

Planting Dates:
from Sunset *Western Garden Book*

Planting from seeds, year round

Nutritional Information...

Kohlrabi, raw

Nutritional value per 100 g (3.5 oz)

Energy	113 kJ (27 kcal)
Carbohydrates	6.2 g
Sugars	2.6 g
Dietary fiber	3.6 g
Fat	0.1 g
Protein	1.7 g
Water	91 g
Vitamin C	62 mg (103%)

Percentages are relative to US recommendations for adults.

Source: Wikipedia : USDA Nutrient database

