



Kohlrabi

Planting from Seed

When to start seeds indoors: 8-10 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

4-6 weeks before spring frost date

Days of Germination: 4-7 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: Direct sow, field grown, does well in cold weather

Spacing: 4" apart, rows 10" apart

Planting Depth: ½" deep

Companion plants: Beans, beets, potatoes

Harvesting

1 seed = 1 kohlrabi, 4 - 24 oz. depending on variety

Days to Harvest: 40 -60 days

Directions: Harvest leaves like kale and cook to eat. Remove the entire plant by twisting up from the soil. Cut off the roots and soil. Break off the leaves by snapping them downward. Wash and chill immediately.

Use in the Kitchen

Vegetable subgroup: Other

Preparation: Remove any leaves, peel, remove core

Menu Planning Ideas: Raw strips, add to salads and soups

Suggested Flavor Enhancers: Fennel, sesame oil



The Lifecycle of Farm to School

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