

Kohlrabi

Midsummer welcomes the fleet of alien spacecraft to the fields—green and purple orbs growing lightly on the soil, antennas splayed in all directions. If we left them there long enough, they might actually levitate. These oddities are in fact fellow earthlings and relatives of broccoli. Kohlrabi initiates know what a treasure these outlandish vegetables are in the kitchen. Their sweet crunch is excellent cooked or raw.

STORAGE

If you plan to use it soon, wrap the whole unwashed kohlrabi—stem, stalks, leaves, and all—in a plastic bag and keep it in the refrigerator. Otherwise, remove the stalks and greens from the bulb and use them within a week. Store the bulb in another plastic bag in the fridge and use it within two weeks.

HANDLING

Rinse kohlrabi under cold running water just before use. Unless the skin seems particularly tough, kohlrabi does not have to be peeled. Just trim off the remains of the stalks and root. Grate, slice, or chop kohlrabi as desired.

Kohlrabi 'n' Carrot Slaw

Summer lunches on the farm often feature some variety of delicious and refreshing slaw. The cool, raw energy of the vegetables seems to bring new life into a tired crew after a morning of hoeing and harvesting. This recipe, a farm favorite, makes for a particularly attractive dish. *Angelic Organics Kitchen* (adapted from *Greene on Greens*). Serves 4 to 6

- 1 pound kohlrabi (about 4 medium bulbs), peeled, grated
- 2 medium-large carrots, grated
- 1 red bell pepper, diced
- 1 small red onion, chopped (about 1/2 cup)
- 2 teaspoons chopped fresh thyme
- 1 large clove garlic, minced (about 3/4 teaspoon)
- 1/2 cup sour cream
- 1/3 cup extra virgin olive oil
- 4 cups wine vinegar
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

1. Toss the kohlrabi, carrots, bell pepper, onion, thyme, and garlic in a large bowl.
2. Whisk the sour cream, oil, vinegar, chili powder, salt, and pepper in a medium bowl.
3. Pour the dressing over the vegetables and toss to coat. Cover and refrigerate for 2 hours before serving.

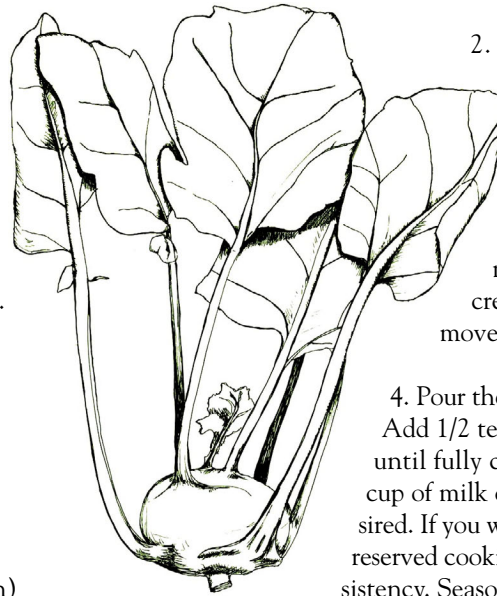
Whipped Kohlrabi and Potatoes

You can't go wrong with this combination. It places your mashed potatoes in a different league than grandma's—but makes them just as great. Make this for your next Thanksgiving feast, and you certainly won't have any left over. *Angelic Organics Kitchen* (adapted from *The Victory Garden Cookbook*).

Serves 4

- 1 pound baking or russet potatoes (about 4 potatoes)
- 2 pounds kohlrabi (about 8 medium bulbs)
- 3 to 4 tablespoons butter
- 1/4–1/2 cup milk or cream, depending on how rich and creamy you like it
- 1/2 teaspoon salt plus more to taste
- freshly ground black pepper

1. Boil the potatoes and kohlrabi separately (use two pots if needed) until tender, 20 to 35 minutes depending on size. Drain, reserving 1/2 cup of the liquid from either vegetable.



2. Peel the potatoes and kohlrabi. Mash them together in a large bowl. (Larger, more mature kohlrabi should be run through a food mill to remove fibers.)

3. Melt the butter in a small pot over medium heat. Add 1/4 cup of the milk or cream. Heat until almost simmering and remove from heat.

4. Pour the butter mixture over the potato mixture. Add 1/2 teaspoon salt and pepper to taste and beat until fully combined and smooth. Add another 1/4 cup of milk or cream for more rich creaminess, if desired. If you want a smoother texture, slowly stir in the reserved cooking water until it reaches the desired consistency. Season with more salt and pepper to taste.

A Shareholder

My dad tends a small vegetable garden in suburban Cleveland. When I was a boy and it was time for kohlrabi, I followed my dad to the garden. He pulled a kohlrabi from the earth, snapped off the leaves, and peeled it with his pocket knife. My father sliced the vegetable, and we ate it together. It was crunchy and sweet. Standing beside my dad in a garden was the only way I had ever eaten a kohlrabi. Now, when I bring the farm vegetables home, I stand in the kitchen and slice a kohlrabi for myself. I think of my father.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

