Kohlrabi & Brussels Sprouts

Kohlrabi: Sometimes called “cabbage turnip,” kohlrabi grows as a large bulb with enormous leaves sprouting out of it. Peel off the tough outer layer of the bulb & use the inner portion; it can be steamed, baked, grilled, added to soups, stews or pot pies. Kohlrabi can also be eaten raw, sliced or shredded into salads or slaws or served as a crudité. The more tender leaves can be prepared like other sturdy cooking greens (kale, collards).

Brussels sprouts: These grow like tiny cabbages on a tall stalk, & we harvest the whole stalks when they reach the right size. They like very cool fall weather, so they’re typically not ready ‘till November or almost that late. With their rich, cabbage-y flavor, they’re perfect steamed, sauteed, or oven roasted, & combine well with other vegetables & seasonings.

(above: kohlrabi ready to pick, kohlrabi cleaned up for market, Brussels with other in-season veggies)