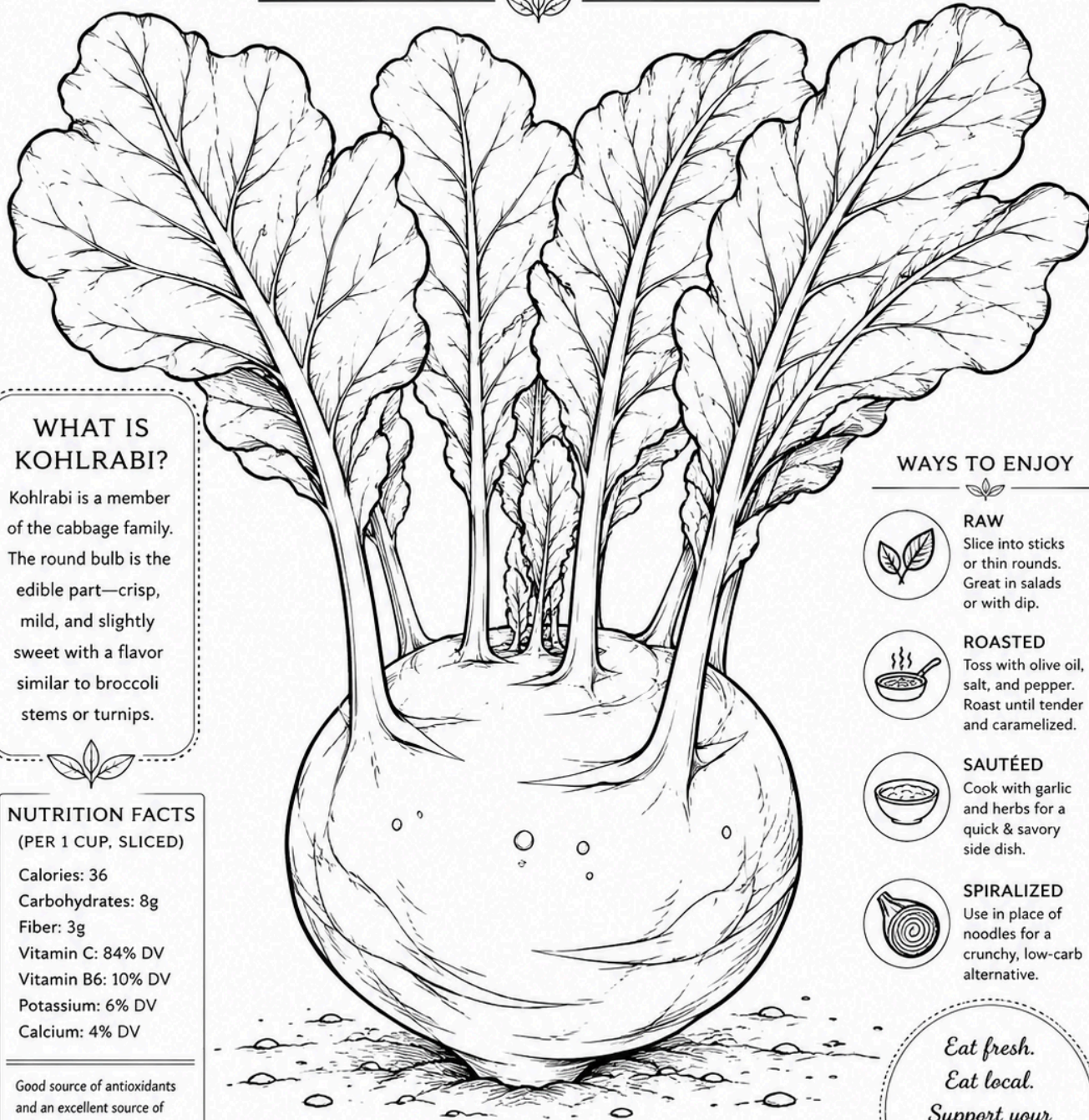


KOHLRABI

• CRUNCHY. NUTRITIOUS. DELICIOUS. •



WHAT IS KOHLRABI?

Kohlrabi is a member of the cabbage family. The round bulb is the edible part—crisp, mild, and slightly sweet with a flavor similar to broccoli stems or turnips.



NUTRITION FACTS (PER 1 CUP, SLICED)

Calories: 36
Carbohydrates: 8g
Fiber: 3g
Vitamin C: 84% DV
Vitamin B6: 10% DV
Potassium: 6% DV
Calcium: 4% DV

Good source of antioxidants
and an excellent source of
Vitamin C!

WAYS TO ENJOY



RAW

Slice into sticks or thin rounds. Great in salads or with dip.



ROASTED

Toss with olive oil, salt, and pepper. Roast until tender and caramelized.



SAUTÉED

Cook with garlic and herbs for a quick & savory side dish.



SPIRALIZED

Use in place of noodles for a crunchy, low-carb alternative.

*Eat fresh.
Eat local.
Support your
farmers.*



GROWN IN OUR FIELDS. NOURISHING OUR FUTURE.



