



Meet the Farm to School Fabulous Five

The Farm to School Fabulous Five, or “Fab Five,” are five foods that are important to our health, our community, and our food system: **kale, kohlrabi, legumes, radishes, and squash**. You’ve maybe tried the Fab Five in meals at home or school, or spotted them growing in a garden or on a farm. The Fab Five teach us important lessons about nutrition, history, farming, cooking, science, and more. Each of them nourish our bodies with important nutrients, contribute to local and global food cultures, and play an important role in Minnesota agriculture. For all these reasons and more, Minneapolis Public Schools celebrates and teaches about the Fab Five in our school cafeterias, classrooms, and gardens.

KOHLRABI

Kohlrabi, also known as a German turnip, is a light green or purple vegetable that is closely related to cabbage and other *Brassica* plants. It grows just slightly above ground and looks a bit like a hot air balloon. Kohlrabi originated in northeastern Europe and eventually spread throughout the world. Today, it is a commonly used ingredient in many global cuisines – including German-speaking countries, Vietnam, Sri Lanka, and the United States. Kohlrabi has a mild taste similar to that of broccoli stems and turnips. It is most common to eat the kohlrabi bulb, but the leaves are also edible.



Nutrition Benefits

Kohlrabi is an excellent source of vitamin C and a good source of vitamin B6, potassium, and copper. Vitamin B6 plays an important role in the metabolism of carbohydrates, fat, and protein. Like other cruciferous vegetables, kohlrabi is high in dietary fiber that helps regulate your digestive system and improves nutrient absorption.

Fun Facts

- The name “kohlrabi” comes from the German words for cabbage (“kohl”) and turnip (“rübe”)
- The kohlrabi bulb, which grows slightly above ground, is an enlarged plant stem.
- The largest kohlrabi in the world weighed 95 pounds!

Reading Corner

- *Eating the Alphabet: Fruits and Vegetables from A to Z* by Luis Ehlert

Varieties

Depending on the variety, the outside of a kohlrabi can be light green or purple in color. However, once you peel the outer skin, the inside of a kohlrabi bulb is white. Different kohlrabi varieties will also grow to different sizes.



Green Kohlrabi



Purple Kohlrabi



Inside of a kohlrabi

Meet Local Kohlrabi Farmers

Did you know that local, Minnesota farmers grow food specifically for Minneapolis Public Schools (MPS) through our Farm to School Program? Here are local farmers who grow kohlrabi for MPS school meals:



L&R Poultry and Produce
Kenyon, MN



Pearson Organics
Lake City, MN

MPS Farm to School Recipe Box

GINGER APPLE KOHLRABI SLAW

INGREDIENTS	PREPARATION
2 CUPS APPLES; DICED	1. PEEL & DICE THE APPLES, CARROTS AND KOHLRABI.
2 CUPS CARROTS; DICED	2. PEEL & MINCE THE GINGER.
2 CUPS KOHLRABI; DICED	3. IN A LARGE BOWL, MIX THE GINGER, APPLE CIDER VINEGAR, CANOLA OIL, SUGAR, SALT & BLACK PEPPER UNTIL THE SUGAR IS DISSOLVED.
3/8 CUP APPLE CIDER VINEGAR	4. COARSELY CHOP THE PARSLEY. ADD TO THE APPLE, CARROT & KOHLRABI SLAW MIX IN A LARGE BOWL.
3/8 CUP CANOLA OIL	5. TOSS THE SLAW MIX WITH DRESSING UNTIL EQUALLY DISTRIBUTED.
1/3 CUP SUGAR	
2 TBSP FRESH GINGER	
3 TBSP FRESH PARSLEY	
1 TSP SALT	
1 TSP BLACK PEPPER	

 

Photos Sources:

Green kohlrabi: <https://www.dandreaproduce.com/product/green-kohlrabi/>

Purple kohlrabi: <https://www.friedas.com/products/purple-kohlrabi/>

Inside kohlrabi: <https://www.friedas.com/products/kohlrabi/>

