



# Using, Storing and Preserving Kohlrabi



*Michigan-grown kohlrabi is available in the fall and early winter.*

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## Recommended varieties

- **White** – Vienna, Express Forcer, Grand Duke, Kolpak, Triumph
- **Purple** – Blaro, Early Purple Vienna, Rapid

## Storage and food safety

- Wash thoroughly and store with leaf stems removed. Kohlrabi can be stored in the refrigerator for several weeks. Storage life can be extended if kohlrabi is placed in sealed perforated plastic bags.
- To prevent cross-contamination, keep kohlrabi away from raw meat and meat juices.
- Wash hands before and after handling fresh produce.
- For best quality and nutritional value, preserve no more than your family can consume in 12 months.

## Yield

4 medium bulbs = 2 pounds	3 ½ cups cubed, cooked
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## How to preserve

**Canning is not recommended for kohlrabi.**

### Freezing

- Select stems when fully grown but tender. Cut off tops and roots. Wash and peel off the tough outer layer. Leave whole or dice in ½-inch cubes.
- Water blanch whole 3 minutes and cubes 1 minute. Cool promptly, drain and package, leaving ½ inch headspace. Seal, label and freeze.
- **Water blanching:** Use 1 gallon of water per pound of prepared vegetables. Put vegetables in blanching basket or colander and lower into boiling water. Place lid on blancher. Return water to boil and start counting blanching time as soon as water returns to a boil.

## References

The USDA Complete Guide to Home Canning, 2009 revision. Agriculture Information Bulletin No. 539.

So Easy to Preserve. 2006. Bulletin 989. University of Georgia Extension.

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