



How to Grow Kohlrabi

Kohlrabi is very cold-tolerant and so perfect for growing in Scotland!

You can sow seeds directly into the ground after the last frost has passed, Plant seeds 1cm deep in rows 30cm apart. Sow a few seeds at a time, little and often every three weeks for a constant supply.

If your soil is heavy clay, so that it takes a long time to warm up after winter, early crops can be sown in modules, hardened off and transplanted when the soil warms up, when they are a maximum of 5cm tall.

Thin out seedlings when they are a couple a centimetres tall, leaving each plant about 15cm apart.

Keep the soil moist and weed free and you will be harvesting kohlrabi throughout the summer.

How to Eat Kohlrabi?

1. Raw.

When raw, kohlrabi is slightly crunchy and mildly spicy. You can toss them in a salad, make a slaw out of grated kohlrabi, or eat them on their own with a drizzle of olive oil and a sprinkling of sea salt.

2. In soup.

While kohlrabi can be used like swede in a basic chunky vegetable soup, it is particularly good in a creamy, puréed soup with mild spices, as you would make spiced parsnip soup. Kohlrabi can also be added to recipes for cream of potato, cream of broccoli, and even cream of mushroom soup!

3. As fritters.

This is a great way to get kids to eat their kohlrabi! Shred it and mix with an egg and a few tablespoons of flour or breadcrumbs. Heat oil or butter in a flat skillet, drop on small mounds, and flatten slightly with the back of your spatula. Turn after a few minutes, and serve when both sides are crispy.

4. Roasted.

Like most other vegetables, the outside of the kohlrabi caramelizes when it is roasted, and this really brings out the nutty flavour.

5. Steamed.

Once steamed, kohlrabi can be used like any other root veg; in stews, as a side dish or a puree.