Kohlrabi acquired its name from a German word meaning “cabbage-turnip” and is part of the cabbage family. It was first grown in Europe around 1500 and was imported into America 300 years later. It has a turnip appearance and tastes like a mixture of cucumber and mild broccoli. Both the leaves and bulb are edible; the bulb can be green, white or purple with white flesh. They can be eaten raw or cooked. Kohlrabi is sometimes misclassified as a root vegetable but it in fact grows above ground.

Kohlrabi is an excellent source of vitamin C and good source of fiber.