



KOHLRABI

Sometimes referred to as German turnips, kohlrabis are very rich in vitamin C, and a great source of potassium. The flavour is like a very mild cabbage and the texture is crisp and crunchy, a bit like that of a pear. Great in salads or eaten raw. Follow along with this handy How to Grow Kohlrabi Guide and grow food.

Latin

Brassica oleracea var. gongylodes

Family: Brassicaceae

Season: Cool season

Exposure: Full-sun

Growing

Seed outdoors as soon as weather and soil conditions permit. Sow seeds 5mm ($\frac{1}{4}$ ") deep with plants spaced 10-15cm (4-6") apart in rows 30-45cm (12-18") apart. Cover seed lightly with soil.

Average garden soil and a sunny location are ideal.

Ideal pH: 6.0-6.8. Kohlrabi is a moderate to heavy feeder that does best in humus-rich soil amended with composted manure. Mix $\frac{1}{4}$ - $\frac{1}{2}$ cup complete organic fertilizer into the soil under each plant.

Harvest

Spring-sown kohlrabi will get larger than tennis balls in fair soil, but if you pick them when they are still less than 5-8cm (2-3") in diameter they will be sweet and tender. Fall-grown kohlrabi can grow larger yet stay tender. Kohlrabi is frost-hardy, and may be sweeter after a frost.

Seed Info

In optimal conditions, at least 80% of the seeds will germinate. Per 100' row: 360 seeds, per acre: 104M seeds.

Diseases & Pests

Protect from cabbage moths and other insect pests with floating row cover. Prevent disease with a strict 4-year crop rotation, avoiding planting Brassicas in the same spot more than once every four years.

Companion Planting

A worthy companion for beets, Brassicas, cucumbers, and onions. Avoid planting near peppers, pole beans, strawberries, and tomatoes.

