



Kooky Cool Kohlrabi

Gary Crawford: [00:00:03] The last we have come across the somber YouTube free verse poem which we added music and effects. A man sound in his garden. First hard freezes come the flowers are all gone now.

Voice Over: [00:00:14] Nothing left but this lone kohlrabi. Sitting there blowing in the wind not knowing what comes next.

Gary Crawford: [00:00:25] Poor little Kohlrabi plan bless its little heart. Now most of us don't even know what it is let alone what to do with it.

Laura Popelski: [00:00:31] There's a lot of mystery in there.

Gary Crawford: [00:00:34] Some of which we may be able to clear up where the Agriculture Department Farmer's Market in Washington in Veg-U-Cation tent here with head Veg-U-cator Laura Popeilski and she's got a big job explaining kohlrabi to folks out here. Laura you say it's a big time popular vegetable in Europe in the Mediterranean but here.

Laura Popelski: [00:00:49] Not all too popular.

Gary Crawford: [00:00:50] Are you going to fix it?

Laura Popelski: [00:00:52] Yes. We're going to fix that.

Gary Crawford: [00:00:54] I was afraid of that. Laura first describe this thing. It looks like a little turnip but the enlarged end that it is more round grows on top of the ground not under it.

Laura Popelski: [00:01:03] And then it has these kind of tendrils stems that come off of it with little leaves as well and the whole entire plant edible.

Gary Crawford: [00:01:11] That is if you know what to do with it. Most of us don't. Now maybe you know it's the name the odd name kohlrabi.

Laura Popelski: [00:01:17] It actually means cabbage-turnip in German.

Gary Crawford: [00:01:20] Doesn't mean anything to me sounds more like a prize fighter.

[00:01:30] Music fanfare.

Laura Popelski: [00:01:31] Ohh it Kind of Does! Go Kohlrabi Go.

Gary Crawford: [00:01:33] Go away.

Laura Popelski: [00:01:34] No, no. Go into my kitchen.

Gary Crawford: [00:01:37] Now you say most people eat around part of the bulb part of the plant. You can cut it paper thin use it to dip into things. Or for putting into slaws. But you have a little oven out here you're making. It says here. kohlrabi chips.

Gary Crawford: [00:01:49] How in the world?

Laura Popelski: [00:01:49] Cut them very thin with a mandolin and then put them in the oven for about 20-25 minutes a little bit of salt and pepper and garlic powder just to toast them up nice and crispy.

Gary Crawford: [00:02:00] Now if you didn't tell people what it was what would they most likely think it was.

Laura Popelski: [00:02:06] I bet they would think that they were potato chips.

Gary Crawford: [00:02:09] That close to potato chips?

Laura Popelski: [00:02:10] Yeah you could actually steam and mash up kohlrabi and swap it half and half with your potatoes if you make mashed potatoes. You can also roast kohlrabi. And that brings that some of that earthy flavor and gives it a tender texture which is very nice.

Gary Crawford: [00:02:24] So it sounds good Laura but it's that name. They need a catchy name for this vegetable if they wanted to take off any suggestions there?

Laura Popelski: [00:02:31] Cabbage ball.

Gary Crawford: [00:02:33] Yeah. Nah you sound like a little kid would call another kid. Be a cabbage ball!

Laura Popelski: [00:02:39] I'm stumped.

Gary Crawford: [00:02:40] All right. Look at the plant. What does it...

Laura Popelski: [00:02:42] Looks like it's from space.

Gary Crawford: [00:02:44] Space, space!. They call it like space cabbage!

Laura Popelski: [00:02:47] Ooh, Space cabbage. I like that.

Gary Crawford: [00:02:49] Well then there can't be much to it, forget it. I guess we're stuck with kohlrabi, Buy it, try it looks like it's from space.

Laura Popelski: [00:02:54] But it taste out of this world.

Gary Crawford: [00:02:56] And we're out of here. Gary Crawford for the U.S. Department of Agriculture Washington.