Another name for kohlrabi is turnip cabbage and it is a member of the cabbage family. The flavor of its bulb-like stem is similar to a turnip. The rutabaga is a root much like the turnip, but yellow in color and stronger in flavor. Turnips are the edible root of several herbs of the mustard family. These vegetables are available from mid-July through September. For information on varieties of kohlrabi, rutabagas, and turnips in Ohio, contact your county Extension educator, Agriculture or Horticulture.

Selection
- Kohlrabi—Look for small bulbs with fresh tops and thin rinds. Large bulbs tend to be tough and woody. Avoid bulbs with blemishes and cracks.
- Rutabagas—Choose young and tender roots. Avoid roots that have blemishes and cracks.
- Turnips—Choose young, small bulbs as they are most tender. Overgrown ones are sharp in flavor and tough and woody in texture.

Storage
Store kohlrabi, rutabagas, and turnips in a vegetable crisper where it is cool and moist.

Yield
Due to many variables, including moisture content, size, and variety, it is impossible to give specific recommendations as to quantity to buy. The following recommendations are only approximations.
- Amount for 4 servings: turnips—2 pounds (about 6 medium); rutabagas—1 large or 2 medium; kohlrabi—4 to 6 medium.

Nutrition
The “Dietary Guidelines for Americans” recommend that adults need 2–2½ cups of a variety of vegetables daily. Kohlrabi, rutabagas, and turnips are excellent choices to help meet this nutritional requirement.

Kohlrabi is an excellent source of Vitamins E and C, potassium, and antioxidants. It also provides fiber, protein, and Vitamin B6. The greens are a good source of iron. One cup of raw kohlrabi has 48 calories.

Rutabagas are a good source of Vitamin A and potassium. A one cup serving has about 70 calories.

Turnips are a good source of potassium. The greens are a good source of Vitamin A. One cup serving (raw) has 60 calories.
Safe Handling

Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce. Wash just before using. To remove dirt, wash vegetables thoroughly in cold water. Do not use soap, detergent, or bleach as they can be absorbed by the vegetable. Drain and rinse several times with cold water. Lift vegetables from water to prevent redepositing of dirt and residues. Scrub with a brush if needed.

Serving

To Prepare

- Turnips—If necessary, cut off tops. Pare thinly; leave whole or cut into cubes.
- Rutabagas—Pare thinly. Cut into 1/2-inch cubes or 2-inch pieces.
- Kohlrabi—Trim off root ends and vinelike stems. Pare and cube or cut into 1/4-inch slices.
- Kohlrabi can be boiled, baked, steamed, fried in olive oil, or dressed with a sauce. Young kohlrabi may be eaten raw in salads or cut in julienne strips and marinated in French dressing.
- Rutabagas can be frozen. Herbs to use with rutabagas are basil, rosemary, savory, and thyme.
- Turnips are good in soups and stews. They are a good side dish to serve with duck, lamb, or pork.

Written by Barbara A. Brahm, Extension Educator, Family and Consumer Sciences.
Reviewed by Lydia Medeiros, Ph.D., R.D., Extension Specialists, Ohio State University Extension.