

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing kohlrabi

Also known as a German turnip, kohlrabi has a texture and taste similar to broccoli stems and can be eaten raw or cooked. It is a member of the cabbage family and is one of the hardiest vegetables as it tolerates colder weather better than other garden crops. This crop provides nutrients like Vitamin C and fiber when eaten.

### To plant:

Kohlrabi can be sown outdoors as soon as soil can be worked. Sow seeds  $\frac{1}{4}$  inch deep in double rows set  $1 \frac{1}{2}$  feet apart. For a fall crop, plan your harvest for a week or two after the first fall frost. Kohlrabi takes 55 days to mature. Seeds also can be started indoors four to six weeks prior to moving the plant outside.

### To grow:

Once seedlings appear, thin them to 6 inches apart. Kohlrabi does best in full sun in soil with a pH of 6.0 to 6.8. For best growth, water 1 inch per week and keep the area weeded. The bulb, which is the stem, should sit just above the soil as it grows. As it is a member of the cabbage family, kohlrabi can be a victim to cabbage moths and other pests. Protect the plants with floating row covers and prevent disease by using a four-year crop rotation.

### To harvest:

Kohlrabi is ready to harvest when its bulb is 1 to 3 inches in diameter, or about the size of a tennis ball. Do not pick the vegetable in warm weather, as the root becomes woody. Kohlrabi leaves also are edible. Boil them or use them in salads.



[Purple Vienna Kohlrabi seeds](#)  
[available at ufseeds.com](#)

### What kohlrabi craves:

Upon planting, work in a general-purpose fertilizer to quicken growth. You also can amend the soil with composted manure upon planting. Once the plant is established, fertilize every three to four weeks with a general-purpose fertilizer.

### Where to buy kohlrabi seeds:

Urban Farmer sells both purple and white variety of kohlrabi. Check out our website at [ufseeds.com](http://ufseeds.com)!



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Non-GMO Seed



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Shipping



100%  
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