

How to Grow Kohlrabi

General

This close relative of the cabbage was bred over centuries to develop a flattened head. 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.

Latin

Brassica oleracea var. *gongylodes*

Family: Brassicaceae

Difficulty

Easy

We Recommend: [Kolibri \(KH434\)](#). We don't recommend this wonderful hybrid kohlrabi for any other reason than how splendid looking it is in the garden. Kolibri has the same fine flavour and texture as Kongo, but hey - it's bright purple! More gardeners need to grow familiar with this nutritious, easy-to-grow vegetable.

Season & Zone

Season: Cool season

Exposure: Full-sun

Zone: 3-10

Timing

Direct sow early April until mid-May for a crop to mature in about 8 weeks. Sow again mid-July to early August for fall and winter crops. Planting between mid-May and mid-July causes them to mature in hot weather resulting in inferior bulbs. Optimal soil temperature for germination: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Starting

Sow seeds 5mm (¼") deep with plants spaced 10-15cm (4-6") apart in rows 30-45cm (12-18") apart.

Growing

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 ¼-½ 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 last well beyond Christmas in the garden.

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.



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