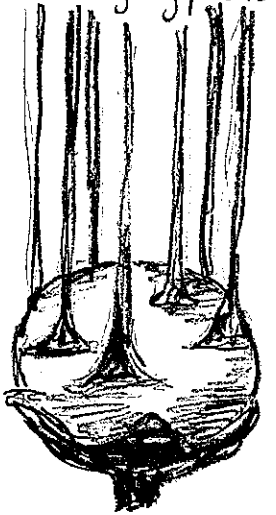


# kohlrabi

- Related to broccoli, but its name means 'cabbage' (Kohl) and 'turnip' (rabi).
- It's actually a swollen stem, not a root.
- Contains vitamins A, C, and minerals like Potassium and Calcium. Loads of fiber too.
- Store the globe for up to a month in the fridge.

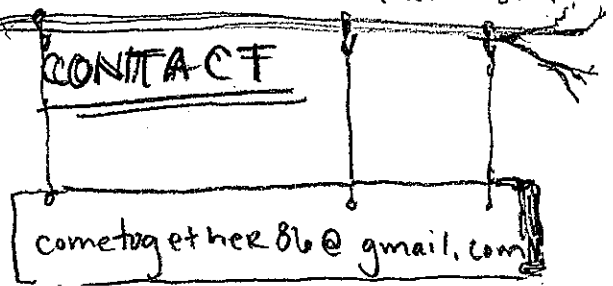
Brassica oleracea  
var. gongylodes



To eat: → trim off woody or tough skin bits.  
(You can eat the rest of the skin if you wish.)

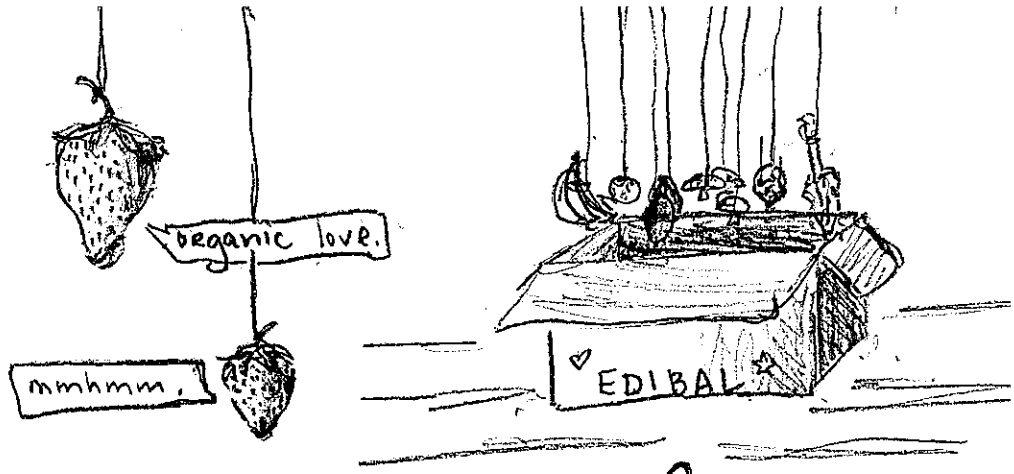
RAW: → eat like an apple  
→ slice thinly and dip in lime + cayenne.  
→ make a slaw: grate with radish, chives, parsley, and a dressing.

COOKED: → slice and sauté in butter.  
→ Cook, then marinate and chill.  
→ Mash with potatoes (with butter)  
→ Steam whole 25-30 min or sliced 5-10.  
→ Cook cubed or sliced in soups, stews, and stir-frys.



submit recipes!  
ask questions!  
comment!  
complain!  
suggest!

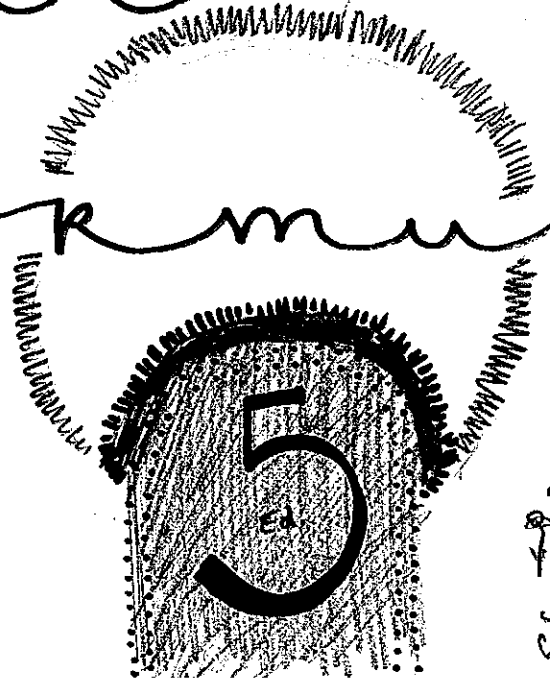
♥  
Andrea



edible

alchemy

formulae



June 20, 2009  
Chicago, IL

# pinwheel salad



a bit about →

# garlic scapes

Allium sativum  
(in the lily family)

## Ingredients:

LETTUCE

Ripped coarsely

NUTS

such as: walnuts, pine nuts, almonds, cashews, sunflower seeds

STRAWBERRIES

sliced thinly

AVOCADO

sliced thinly

TOMATOES

chopped nicely

KALE

AND/OR

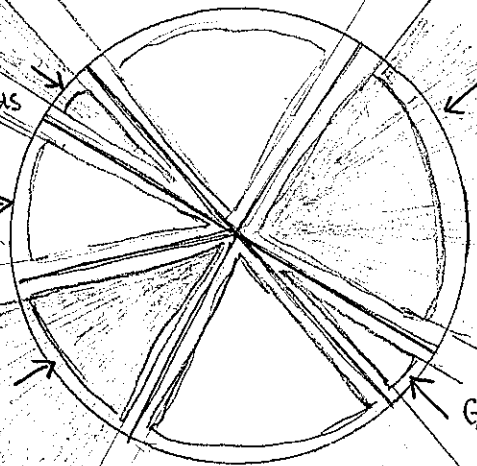
CHARD

chopped coarsely

GARLIC SCAPES

chopped very thinly, on a diagonal

Serves as many as you need!  
alter amount of ingredients for # of mouths



☆ The scapes are the bright green curly false flowers of the garlic plant.

☆ You can use scapes in any recipe that you would add garlic to, chop in circles, on the diagonal, or mince (like green onions.)

☆ Store for 1-2 weeks in the fridge.

☆ thinly slice or chew on a whole scape to eat RAW.

• GRILL on a GRILL!  
• slice and cook with butter and lemon.

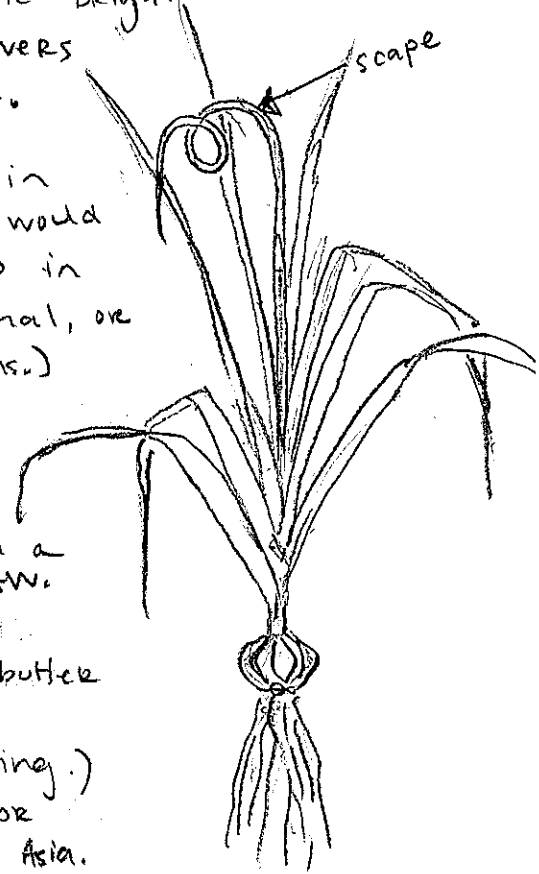
**GARLIC** (is amazing.)

• originally from India or Central Asia.

• it's an ancient medicinal, protective, magical, and healing food. It's antiseptic, antibacterial, antifungal, fights infections, pumps up the immune system + reduces blood pressure and cholesterol. eat RAW, though!

• The juice is an insect repellent. (spray a solution on bug problem areas. (can spray on plants too!))

• 100+ sulfur compounds create that "garlic breath." Chew some parsley to remedy the odor.



## Dressing

- 1/4 c olive oil
  - 1/4 c apple cider vinegar
  - hot pepper sauce
  - pepper
  - salt
  - cumin
  - paprika
- } to taste

## Method

- 1) arrange as indicated. Serve dressing on the side.
- 2) Mix and EAT!