



# Alegría

LOCALLY-GROWN,  
NATURALLY!

**FRESH**

REGENERATIVE ORGANIC SALAD GREENS  
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL  
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS  
GREAT TASTE DELIVERED TO YOUR DOOR!

## Welcome to the Alegría Farmacy!

*Longevity, health and well-being is just a delicious salad away!*

### VEGETABLES (IN SEASON)

### HEALTHY FACTS



## Kohlrabi

*Scientific name: Brassica Oleracea*  
*Spanish name: Colirrábano*

As a common vegetable in German speaking countries, it is natural that Kohlrabi's name comes from the uniting of the German words for cabbage, "kohl," and turnip, "rabi."

Kohlrabi has been artificially bred from the wild cabbage plant, similar to broccoli, kale, collard greens and brussel sprouts, for its swollen, spherical shape. There are several common varieties, including White Vienna, Purple Vienna, Grand Duke, Gigante or Superschmelz, Purple Danube, and White Danube.

Like its cousins, Kohlrabi is a nutrient dense vegetable with a high nutrient to calorie ratio. Per 100 g, it has only 27 calories but packs 62 mg Vitamin C (or 75% RDA), 1.7 g protein, 3.6 g fiber, and many other important vitamins, minerals, and health benefits.

Per serving, Kohlrabi provides 19% of your daily serving of fiber, an important part of overall health. Fiber helps move waste through your digestive system, which keeps your intestines and colon healthy. It also preserves the health of the good bacteria in your gut, an important part of a healthy digestion. Additionally, a diet rich in fiber lowers your risk of digestive problems, hemorrhoids, and colon cancer. As an added bonus, fiber helps you lose pounds by regulating your body weight, boosting your metabolism, and the density of fiber makes you feel full longer.

A one cup serving of Kohlrabi provides 139.5% of your recommended daily allowance of Vitamin C. Vitamin C is an important anti-oxidant that helps strengthen your immunity, protecting you from diseases by getting rid of

harmful free radicals. It also helps heal wounds, boosts cellular repair, maintains healthy connective tissue, teeth and gums, and promotes healthy skin. Additionally, Vitamin C helps the body absorb essential minerals like iron, which boosts energy, and Vitamin E, which benefits skin health.

One serving of Kohlrabi provides you with 19% RDA of potassium, an important mineral to heart health and muscles. Potassium regulates cell and body fluids, controls the heart rate and blood pressure, and counters the effects of sodium, all helping to prevent heart disease. Potassium also regulates muscle function because it helps store carbohydrates, which muscles use as fuel. This keeps your muscles working at optimum health, and prevents muscle cramps, especially in the legs. Additionally, potassium is important for your nervous system because nerve transmissions and excitability rely on adequate levels of potassium.

A diet rich in Kohlrabi helps fight cancer due to its high levels of important micro-nutrients. Along with high amounts of Vitamin C, Kohlrabi contains the cancer fighting phytochemicals isothiocyanates, sulforaphane and indole-3-carbinole. Additionally, high amounts of antioxidants help limit free radical damage, which is linked to cancer. The high amounts of glucosinolates, which assist the liver in detoxifying carcinogens, wards off development of cancer better than other fruits and vegetables.

In addition to these important nutritional benefits, Kohlrabi also has high amounts of the B-complex vitamins, especially niacin, B-6, thiamin, and pantothenic acids, which assist your body's metabolism. Its green leaves are rich sources of carotenes, vitamin A and vitamin K, all essential vitamins for optimum health. Vitamin K promotes bone health by supporting osteotrophic (bone formation and strengthening) activity. Adequate vitamin-K levels in the diet help limit neuronal damage in the brain, therefore it prevents Alzheimer's disease. Vitamin A boosts skin and vision health.

Kohlrabi also has high amounts of essential minerals like magnesium, manganese, copper, calcium, iron, and phosphorous, especially in the stem. Magnesium is important because it normalizes blood pressure, leading to a healthy heart and strong bones. Iron is essential for health because it is required for cellular oxidation and red blood cell formation. Manganese is used by the body as a co-factor in the antioxidant enzyme, superoxide dismutase.

To prepare Kohlrabi, it is recommended to peel away the two fibrous layers of the stem before cooking or eating it raw. Its taste and texture is similar to broccoli stems or cabbage hearts, but milder and sweeter. Kohlrabi's nutrient dense, tasty green leaves can be used in salads and other vegetable dishes, similar to kale and collard greens.