



Exotic Vegetables

Leader's Guide

2024 KAFCE Education Program Year

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Educational Goals —

Participants will learn about nutrients found in Kohlrabi and Watermelon Radish.

Participants will learn to grow Kohlrabi and Watermelon Radish.

Participants will learn about varieties of Kohlrabi and Watermelon Radish.

Participants will learn how to prepare Kohlrabi and Watermelon radish.

Intended Audiences:

Community groups, including Family and Community Education (FCE) members, older youth, college students, boy and girls scouts and 4-H members, consumer or weight-management study groups and individuals.

Suggested teaching activities:

Plant seeds and show mature vegetables (photographs, if vegetables are not available).

My Plate (www.myplate.gov) information concerning serving size (1/2 cup) – practice measuring 1/2 cup serving sizes.

Program preparation:

Review leader's guide and member's handout (fact sheet).

Prepare seeds, soil, containers and then plant.

Provide photos or actual vegetables, if available.

Distribute Member's Handout to attendees.

Introduction Ideas

Introduce the session with one or of the following questions and statements.

Have you eaten Kohlrabi or Watermelon Radish? If so, what is your favorite recipe?

Would you consider these to be healthy foods? Most people do not eat the required number of vegetables (refer to My Plate).

We will discuss growing the plants, their nutritional benefits, taste and food preparation of kohlrabi and watermelon radish.

Community activities:

Discuss growing requirement for kohlrabi, and watermelon radish.

Review planting zones and maturity times

Explain how to tell when vegetables are ready to harvest

Discuss storage for each vegetable after harvest.

Check grocery and farmers market for availability

Provide methods to prepare each vegetable

Taste test purple kohlrabi and watermelon radish.

Discuss storage for each vegetable after food preparation.

Discussion questions or action items.

Explain how to download seasonal and simple App and benefit of the app for these and other fruit & vegetables.

Resources and helpful websites

Websites for recipes and tips:

www.thekitchn.com;

www.Loveandlemons.com;

www.spendwithpennies.com;

<https://fruitsandveggies.org/fruits-and-veggies/>

Websites for gardening tips: www.balconygardenweb.com;

Photo/chart or graphics: <https://thegardenmagazine.com/usda-hardiness-zone-map-for-kansas/>