

RHUBARB



Nutrition Facts:

Rhubarb is a good source of:

- Vitamin K for **healthy bones and blood.**
- Vitamin C and Calcium for **healthy bones.**
- It is also very **low calorie**, contains **no fat**, and has compounds which are good for **digestion.**

Because rhubarb is so tart, it is usually mixed with sugar or other sweeteners. To improve the health and lower the added sugar content of your dish, mix rhubarb with strawberries or other fruit to add sweetness without too much extra sugar.



What is it?

Rhubarb is a perennial plant that is normally used for its stalks. It is popular in the Northwest.

Rhubarb is often quite tart so it is usually cooked with sugar to help soften its crispness and to tone down the tart flavor.

Rhubarb is most often found in desserts, such as pies and coffee cake. It can also make a great compote for toast or ice cream (see recipe on next page).

Fun Facts!

- The word rhubarb comes from the Latin word "rhababarium" which means "root of the barbarians."
- Rhubarb is a great substitute for cranberries because of the bitterness and the high acidity.
- Bright red stalks have sweeter tastes than the white or greenish stalks. These are the best to use.
- Rhubarb root has been used in medicine for balancing the digestive system.
- Though lush and beautiful, the rhubarb leaves are inedible. DO NOT eat the leaves!



How To Prepare RHUBARB

HOW TO:

CHOOSE: Choose stalks which are firm and mostly **red** in color.

PREPARE: If you are getting rhubarb from your garden or from the store with leaves, you will need to take a few steps to prepare it. First, take off the leaves they are **not edible**. Wash the skin of the **red** stalks well.

Although the **white** area is edible it is usually chopped off and not used when cooking because it can be very, very tart.

STORE: Store rhubarb in the refrigerator. It can also be chopped and frozen for a later time.



Because of its tart flavor, rhubarb is often made into jams, compotes or mixed with other fruit for pies or crisps. Rhubarb compote is a great way to use your rhubarb and it keeps very well.

Uses of Rhubarb Compote:

1. Over ice cream or frozen yogurt
2. Layered with custard or yogurt
3. Top cake with a few spoonfuls of compote
4. On toast or bagels as a jam
5. Over oatmeal for a new way to wake up each morning!

Rhubarb Compote

Ingredients:

- 6 cups fresh chopped rhubarb (make sure it's washed!)
- ½ cup orange juice
- ½ cup brown sugar

1. Combine all ingredients in a medium heavy-bottomed saucepan.
2. Bring to a boil over medium heat, stirring occasionally. Cover & simmer gently for about five minutes. Rhubarb will begin to soften.
3. Uncover and continue to cook another five minutes.
4. Remove from heat, cool. Place in jars or a Tupperware container and keep in the refrigerator.

Yields about three cups



Prepared by Hopelink
Volunteers

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