

# Rhubarb

Produced by:



— THE LAND —  
CONNECTION

## Fun Facts:

- Although rhubarb is not a fruit, it is commonly prepared as if it were.
- Only the stalk is edible. Rhubarb leaves are poisonous due to high levels of oxalic acid which is present in many plants and can damage kidney function.

## Nutrition Information:

- Rhubarb stalks are a good source of vitamins A, K, and C, potassium, calcium, and manganese.
- Rhubarb contains compounds that have cathartic and laxative properties. It is often used to combat constipation or as a dieting aid.

## Preparation:

- If the rhubarb still has leaves, remove and discard them.
- Cut-off any woody portion of the base of the stem; typically they will be paler in color. Rinse with cold water and dry.
- If the rhubarb is older and the stalks are larger they may need to be peeled to remove some of the woodiness.
- When picking rhubarb, keep in mind that tartness increases with the age of the stalk.



## Cooking:

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**Raw:** young tender stems may be eaten raw. Slice or dice rhubarb and add to salads, spring ice cream sundaes, hot or cold cereal, or use as a garnish for desserts or soups.

**Soup:** add small rhubarb slices to spring soups 5-10 minutes before the soup is served. This ensures they retain their texture and flavor.

**Roast:** chop rhubarb, toss with brown sugar or honey, place in a baking dish and bake at 375°F for 30 minutes. Add fresh rosemary for a savory twist.

**Sauce:** chop stems into 1-inch pieces, cook in a small amount of water with the sweetener of your choice. When fibrous stalks become stringy and mushy, it is done. Store in the refrigerator, freeze, or can for later use.

**Filling:** use chopped, raw rhubarb by itself, or combine with other fruits (like strawberries or peaches); toss with brown sugar and butter; and bake in pies, crisps, or tarts.

## Storage:

- Store in the refrigerator wrapped in a damp towel or in a plastic bag for up to 1 week. Stems will soften and shrivel as they dehydrate.
- For long-term storage, rhubarb can be frozen raw or cooked. Frozen rhubarb will be soft when thawed so it is typically cooked first. If raw, wash, chop, drain, place in airtight containers, and freeze.
- Rhubarb can also be cooked down and turned into a jam and canned for long-term storage.