



Rhubarb

Rhubarb Facts

- Rhubarb is a stem “fruit”. The stems often look like reddish celery stalks.
- Rhubarb leaves contain poisonous substances and should not be eaten.
- Rhubarb is tart! It is usually baked or stewed and is a favorite filling in pies.
- Rhubarb also tastes great paired with strawberries.

Storing

- Cut all of the leaf away from the rhubarb stalk. Wash the stalk in cool water.
- Rhubarb stalks will keep well in the refrigerator for two to three weeks in sealed plastic bags.
- To freeze rhubarb, clean and dice stalks into ½ to 1 inch pieces. Pack rhubarb in freezer container or bag, leaving ½ of space at the top of the bag. If you are freezing the rhubarb to be used in specific quantities, fill each container with a pre-measured amount.

Nutrition Facts

Rhubarb is an excellent source of vitamin K and a good source of potassium, manganese and vitamin C. One cup of diced, raw rhubarb has only 26 calories.

Rhubarb Spice Bread

Yield: 2 loaves • Serving: 1/24 of recipe

- 3 eggs
- 2 cups packed brown sugar
- ¾ cup vegetable oil
- 2 teaspoons vanilla
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon allspice
- 2½ cups finely diced rhubarb
- ½ cup chopped nuts (optional)

1. Preheat oven to 350°F. Lightly oil or spray with non-stick spray 2 loaf pans.
2. In a medium bowl mix together eggs, brown sugar, oil and vanilla.
3. Combine dry ingredients: flour, baking soda, baking powder, salt, cinnamon, nutmeg and allspice. Stir into wet mixture.
4. Add rhubarb and nuts.
5. Turn mixture into loaf pans. Bake for 50 minutes, or until a toothpick or fork comes out clean.
6. Cool in pan 10 minutes. Remove from pan; complete cooling on rack. Chill before slicing.

Rhubarb Crunch

1 cup all-purpose flour
1 cup packed brown sugar
1 teaspoon cinnamon
 $\frac{3}{4}$ cup uncooked oatmeal
 $\frac{1}{2}$ cup butter, melted
4 cups diced rhubarb

Sauce

1 cup sugar
2 Tablespoons cornstarch
1 cup water
1 teaspoon vanilla

1. Preheat oven to 350°F. Lightly grease 9 inch x 9 inch baking pan.
2. Mix flour, sugar, cinnamon, oatmeal and butter until crumbly.
3. Press half of the crumbly mixture into pan. Pour rhubarb over mixture.
4. In a medium sauce pan, combine sauce ingredients. Cook over medium heat until thick and clear.
5. Pour sauce over rhubarb. Top with remaining half of crumbs. Bake at 350°F for 45 to 60 minutes. Serve warm.

Rhubarb Sauce

Yield: 2 cups • Serving: $\frac{1}{2}$ cup

3 cups rhubarb, cut into 1 inch pieces
 $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup water

1. In medium saucepan, combine rhubarb, sugar and $\frac{1}{4}$ cup water.
2. Bring to boil. Cover and cook over low heat until tender for about 5 minutes.

☆Tip: Serve over biscuits, ice cream, cake or even chicken!

Rhubarb Cake

Yield: 1 cake • Serving: 1/15 of recipe

$\frac{1}{2}$ cup shortening, butter or margarine
 $\frac{1}{2}$ cup sugar
1 cup brown sugar
1 egg
2 cups all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ cups chopped raw or frozen, thawed, & drained rhubarb
1 teaspoon baking soda
1 cup buttermilk☆
1 teaspoon vanilla

Topping

$\frac{1}{2}$ cup brown or white sugar
 $\frac{1}{2}$ cup chopped nuts (optional)
1 teaspoon cinnamon

1. Preheat oven to 325°F. Lightly grease a 9 inch x 13 inch x 2 inch pan.
 2. In a medium bowl, cream together the shortening, sugars and egg. Add flour, salt, rhubarb, baking soda, buttermilk and vanilla.
 3. Pour into pan. Bake for 50 minutes.
 4. Combine topping ingredients. Sprinkle topping over top of cake after cake is done.
- ☆Tip: Buttermilk substitute: Mix 1 cup milk and 1 Tablespoon lemon juice or vinegar. Let stand for 5 minutes.

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