
Selection

When buying rhubarb, be sure and choose stalks that are well colored, good size, straight, and firm. Sometimes rhubarb is sold with the leaves attached and these should be crisp and fresh looking. Avoid stalks that are wilted or flabby.

Once rhubarb is brought home be sure and cut off the leaves and throw them away as they are toxic.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Before storing rhubarb make sure you cut off the leaves (they are toxic).
 - ◆ Before cutting, cooking, or eating, wash fruits and vegetables under running water.
 - ◆ Refrigerate produce in perforated plastic bags.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
 - ◆ When you spend money locally, it helps to keep small businesses open and builds your community.
 - ◆ Local food tastes good!
 - ◆ Fresh fruits and vegetables are more nutritious and can contain more vitamins and minerals than processed foods.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Rhubarb
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Uses

Rhubarb is best when it is baked or stewed. Bake rhubarb in pies, crisps, or crunches. Stew rhubarb in sauces or jams and jellies.

Rhubarb makes a nice addition to any dessert!



Rhubarb and Nut Streusel

Nutrition Facts

- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Source of Fiber
- ♦ Source of Vitamin C
- ♦ Good source of Calcium

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Try It!

Rhubarb and Nut Streusel Cake

INGREDIENTS

1 1/2 cup	Sugar, divided
3 cups	Fresh rhubarb, diced
1 Tbsp.	Vinegar
3/4 cup	Butter
1/2 tsp.	Baking soda
1	Large egg, beaten
3 Tbsp.	Corn starch
3/4 cup	Milk
2 1/4 cup	All-purpose flour
1/2 tsp.	Baking powder
1/2 cup	Finely chopped nuts

INSTRUCTIONS

1. Combine 3/4 cup sugar and corn starch in medium saucepan. Stir in rhubarb. Cook and stir over medium heat until mixture comes to a boil and thickens. Cool and set aside.
2. Stir together milk and vinegar and set aside.
3. Combine flour and remaining 3/4 cup sugar. Cut in butter until mixture is crumbly and set 1/2 cup mixture aside. To remainder add baking powder, baking soda and nuts.
4. Combine egg and milk mixture and add to dry ingredients, stir until just moistened.

5. Spread 2/3 of the batter over the bottom and sides of a buttered 9" spring form pan.
6. Spoon rhubarb filling over batter.
7. Drop remaining batter over rhubarb by spoonful, sprinkle with reserved streusel mixture.
8. Bake in preheated 350 degree oven for 50 minutes.

Yield: 4 servings

Recipe Source: www.recipesource.com

History & Fun Facts

The earliest records of rhubarb was in China back in 2700BC. Rhubarb was cultivated for medicinal purposes. Chinese rhubarb was then planted in Italy in 1608 and then in Europe in 1638. In 1778 rhubarb is recorded as a food plant and it appeared in filling for tarts and pies.

Medicinal rhubarb is only grown in Europe and China. The rhubarb grown in the U.S. is considered both an ornamental and food plant.