

Rhubarb



About Rhubarb

- Rhubarb is a good source of calcium.
- Calcium helps make our bones and teeth strong.

Choosing & Storing

- Choose firm, straight stalks that are not wilted or soft.
- Remove leaves before storing; can be stored in fridge for up to 2 weeks. To freeze for later: boil stalks for 1 minute to help keep flavor. Seal in containers and freeze.

WIC Tip:

- CAUTION: Only the stalks of the rhubarb plant can be eaten, The leaves have toxins that are poisonous.

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Rhubarberry Mash

Makes 4 servings. Recipe Courtesy of ChopChopFamily <https://www.chopchopfamily.org/>

INGREDIENTS

- 1 1/2 cups rhubarb, trimmed and chopped
- 2 cups mixed berries, including blueberries, raspberries, or quartered strawberries
- 1/2 teaspoon cornstarch or flour
- 1/2 teaspoon fresh lemon juice
- 2 tablespoons maple syrup, honey, or brown sugar

INSTRUCTIONS

1. Put the rhubarb, berries, and cornstarch into the saucepan and put the saucepan on the stove.
2. Turn the heat to medium, cover, and bring to a boil.
3. Cook about 7 minutes, stirring with the spoon from time to time.
4. Turn the heat to low, uncover, and cook until the rhubarb is soft and the mixture has thickened, about 15 minutes.
5. Add the lemon juice and sweetener and stir well.
6. Set aside to cool a little bit and serve warm, or cover and refrigerate overnight.



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