

RHUBARB



Rhubarb is in season from May through June.

Tips for selecting rhubarb

- When selecting rhubarb, choose fresh, crisp stalks.
- Choose stalks that are bright pink and free of disease or insect damage.
- Dark pink stalks that are smaller in diameter are generally younger, sweeter, and more tender than thick, long green stalks, but this depends on the variety.
- One pound of raw rhubarb yields $\frac{3}{4}$ cup when cooked.

Storage

Trim the leaf away from the rhubarb stalk and discard the leaf. Caution: Rhubarb leaves are poisonous to humans and animals and should not be eaten! Stalks will keep in the refrigerator for 2 to 3 weeks in a sealed plastic bag. Rhubarb can be frozen.

Preparation

Stand the stalks in cold water for an hour to refresh them before cooking. Before use, trim the ends and peel off tough strings; completely peeling rhubarb is unnecessary. Rhubarb can be served as a sauce over ice cream, combined with fresh strawberries, or made into pies, puddings, breads, jams, and refreshing beverages.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure

Recipes

Quick rhubarb cobbler

3 cups diced rhubarb

1 package red-colored sweetened gelatin

1 tablespoon butter or margarine

$\frac{1}{4}$ cup packed brown sugar

$\frac{1}{2}$ cup rolled oats

Place diced rhubarb in an 8x8-inch pan. Mix with dry gelatin. Prepare topping by combining butter, brown sugar, and oats with a fork and sprinkle on top. Bake at 350°F for 35 minutes until rhubarb is soft and bubbly. Serves 9; 85 Cal; 1.5 g fat.

Baked rhubarb sauce

1½ pounds diced rhubarb

$\frac{1}{4}$ cup water

1 cup sugar

Dash of salt

Put rhubarb in a 1½-quart casserole dish. Add water, sugar, and salt. Cover tightly and bake at 350°F for 20 to 25 minutes or until tender. Chill and serve. Cooked rhubarb is good with fresh strawberries topped with a dab of whipped cream. Serves 8; 115 Cal; less than 1 g fat.

Easy rhubarb spread

5 cups diced rhubarb

1 small can crushed pineapple, drained

2 cups sugar

1 small package strawberry gelatin

Mix together first three ingredients and let stand 2 hours, then boil for 12 minutes. Remove from heat, add dry gelatin, stir, and pour into jars or plastic containers. Refrigerate for up to 2 weeks. Can be frozen. Serves 48; 45 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.uwex.edu).

Rhubarb (B4166-23)

R-03-2019