

Harvest of the Month



May



Rhubarb



Pick:

- Choose firm crisp stalks.
- Deep red stalks have a sweeter and richer flavor.

Store:

- Refrigerate fresh rhubarb in a plastic bag and use within one week.
- To freeze, place clean, diced rhubarb in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 12 months.

Prepare:

- Rinse under cold water just before consuming!
- Only the stalk of the plant is edible. Rhubarb leaves should never be eaten because they contain harmful toxins.

Nutrition Info

Rhubarb contains vitamin C, calcium, potassium and fiber.

One cup of diced, uncooked rhubarb is only 26 calories.

Fun Facts

Rhubarb originated in Asia over 2,000 years ago and was originally grown for its medicinal qualities!

Rhubarb is actually a vegetable, but is often considered a fruit in the United States because of its use in pies and sauces.

When cooking, use non-reactive pans such as stainless steel, Teflon coated aluminum, or enamel-coated cast iron. Rhubarb has high acidity and will react with these types of metals. The reaction will cause the rhubarb to turn a brownish color and can cause the pan to discolor.

Uses

Bake rhubarb into recipes for jams, jellies, quick breads, and pies.

Rhubarb sauce makes a great topping for pancakes, waffles, yogurt, oatmeal and fresh fruit!

Family Friendly Activities

Walk or bike as a family to your local farmers' market. Challenge each other to see who can spot the first stand with rhubarb!

Using beads, string, or other small items from around the house, help your children to practice spelling out r-h-u-b-a-r-b!

After coloring the picture on the back of this page, try identifying and labeling the parts of the rhubarb plant (roots, stem, leaves, etc.). Draw arrows to the parts of the plant that are safe to eat!

Rhubarb Strawberry Oatmeal

Nutrition Facts

Serving Size 1/12th of pan (149g)
Servings Per Container 12

Amount Per Serving

Calories 220 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 310mg **13%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **16%**

Sugars 16g

Protein 6g

Vitamin A 2% • Vitamin C 45%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 2 cups diced rhubarb
- 3 cups diced strawberries
- 2 large eggs
- ¼ cup applesauce
- ¼ cup canola oil
- ½ cup sugar
- 1 ½ cups milk
- 3 cups quick cooking oats
- ½ cup wheat flour
- 2 tsp. baking powder
- 1 tsp. salt
- ¼ cup brown sugar, for sprinkling

Directions:

Preheat oven to 350°. Toss the rhubarb and strawberries in the baking dish. In a mixing bowl, whisk together the remaining ingredients, except the brown sugar. Pour the batter over the fruit and stir gently to combine. Sprinkle the brown sugar on top. Bake in the oven for 25-30 minutes, or until toothpick comes out clean. Serve with milk, cream, or yogurt.

For more information on Farm2School visit www.laxf2s.org

Color
Rhubarb!

