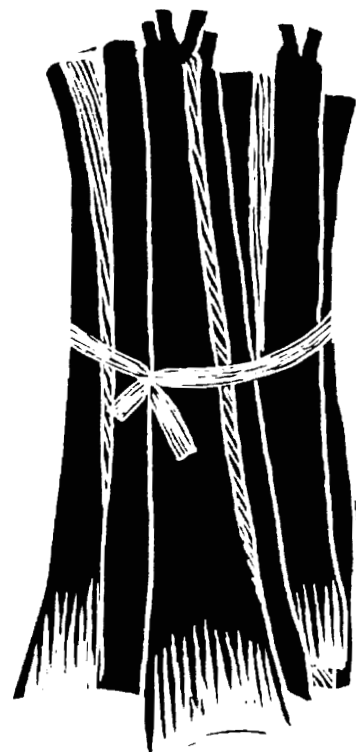


Rhubarb



Rhubarb was first introduced to New England from Europe in the early 19th century. Because it does well in cold winters with frozen soil, Vermont is a natural home for this plant. Like asparagus, rhubarb is an early-season plant, so you will likely find it at the beginning of the season in markets that carry local produce.

Rhubarb looks like giant red celery with huge green leaves. The tart stalks are the part we eat. Because they are so tart, many recipes that use rhubarb call for large amounts of sugar. You can cut down on the sugar by combing the rhubarb with a fruit (strawberry-rhubarb pie is an example of this). Try the Rhubarb Spritz below for a new way to use rhubarb.

Rhubarb Spritz

Makes 16 servings *Jan Gendreau, Waterbury*
(4 ounces each)

Ingredients:

24 stalks rhubarb, cut up
Enough water to cover the rhubarb
2 1/4 cups sugar
Juice of 4 lemons (1 cup)
1 cup pineapple juice
1 quart seltzer

Directions:

1. Cook rhubarb with water 10 minutes, strain, cool.
2. Measure 3 quarts rhubarb juice.
3. Dissolve 2 1/4 cups sugar in 2 cups fresh water; cook 10 minutes, cool. Add sugar-water to the rhubarb juice.
4. Add lemon and pineapple juice to the rhubarb juice.
5. Add seltzer and ice to the rhubarb juice just before serving.

Nutrition Facts

Serving Size 1 Serving (210g)
Servings Per Container 16

Amount Per Serving

Calories 150 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 36g 12%

Dietary Fiber 2g 8%

Sugars 30g

Protein 1g

Vitamin A 0% • Vitamin C 25%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Refrigerate rhubarb stalks, but throw away the leaves, as they are toxic and should never be eaten!
- For long-term storage, rhubarb can be frozen, cooked or raw. For more immediate use, store in a plastic bag in the refrigerator and use within a week.

Rhubarb Crisp

Makes 9 servings

Annie Coffey, Waterbury

Ingredients:

3 cups cut-up rhubarb
2 Tablespoons orange juice
3/4 cup sugar
1/4 teaspoon cinnamon
1 Tablespoon butter

Topping:

1/4 cup melted butter
1/2 cup brown sugar
2/3 cup flour (try whole-wheat flour!)
2/3 cup oatmeal

Directions:

1. Preheat oven to 375 degrees F.
2. Put rhubarb in bottom of an oiled 8-inch square pan (or whatever is available).
3. Sprinkle sugar, cinnamon, and juice over rhubarb.
4. Dot with butter.
5. Mix topping ingredients.
6. Sprinkle over top.
7. Bake for about 40 minutes.
8. Serve warm with nonfat frozen yogurt.

Nutrient analysis does not include frozen yogurt.



Nutrition Facts

Serving Size 1 Serving (96g)
Servings Per Container 9

Amount Per Serving

Calories 240 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 4.5g 23%

Cholesterol 20mg 7%

Sodium 75mg 3%

Total Carbohydrate 41g 14%

Dietary Fiber 2g 8%

Sugars 28g

Protein 2g

Vitamin A 6% • Vitamin C 8%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.