

Rhubarb

HOW TO CHOOSE AND STORE

Rhubarb stalks should be firm, and any color from red to pink to green. They are usually available without leaves, the leaves are not to be eaten. Wash and allow to thoroughly dry, then store in a plastic bag for up to a few weeks in the refrigerator. They can be easily frozen: cut into pieces and place in bags in the freezer. Alternately, they can be dehydrated.

HOW TO USE AND EAT

Rhubarb can be eaten raw but is very sour. Most people use cooked in a variety of recipes, usually sweetened. It can be eaten stewed, alone or as a topping on ice cream. It makes very good jam and is often combined with another fruit for added sweetness.



Rhubarb Crumble

3/4 cup sugar	1 cup oats
3 tbsp cornstarch	1/2 cup packed brown sugar
3 cups sliced rhubarb fresh or frozen (thawed)	1/2 cup butter, melted
	1/3 cup all-purpose flour
2 cups sliced strawberries or apples (peeled)	1 teaspoon ground cinnamon

**In a large bowl, combine sugar and cornstarch. Add rhubarb and apples or strawberries; toss to coat. **Spoon into an 8-in. cast-iron skillet or other ovenproof skillet.

**In a small bowl, combine the oats, brown sugar, butter, flour and cinnamon until the mixture resembles coarse crumbs.

**Sprinkle over fruit. Bake at 350° until crisp is bubbly and fruit is tender, about 45 minutes.

**If desired, serve warm with ice cream.

Rhubarb Juice

1 lb rhubarb cut into pieces
1 cup Sugar/ sweetener
4 cups water

**Simmer all ingredients on the stove for at least 15 minutes, the rhubarb should be very soft and falling apart.

**Strain to remove all the rhubarb pulp, keeping the liquid or juice.

**Use diluted with water, sparkling water, lemon-lime pop, or as a mixer for any drink. It is very refreshing on hot summer days.

Rhubarb Jam

- 2 ½ pounds fresh rhubarb, chopped
- 2 cups white sugar
- ½ cup water
- ⅓ cup orange juice
- 2 teaspoons grated orange zest

1. Gather the ingredients.
2. Combine rhubarb, sugar, water, orange juice, and orange zest in a saucepan over high heat; bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, until thick, about 45 minutes. Jam will continue to thicken as it cools.
3. Ladle into hot sterile jars; seal with the lids and rings. Store opened jars in the refrigerator.