



Give Them More  
of the  
Good Stuff!

# Rhubarb Basics



## Shop and Save

- ❁ Rhubarb stalks come in a variety of colors, from light green to speckled pink and dark red. All colors have a tart flavor.
- ❁ Choose rhubarb stalks that look and feel firm and crisp. Avoid stalks that are wilted and soft.
- ❁ Choose young stalks that are 1 to 2 inches thick because they are more tender and flavorful than older and wider stalks.
- ❁ In Oregon, find local rhubarb at farm stands and farmers markets from May through mid-July.

## Grow Rhubarb

- ❁ Rhubarb grows well in Oregon and can live for as long as 15 years.
- ❁ Plant rhubarb in early spring, in soil that drains well. Rhubarb grows best in a sunny area and needs 2 or 3 feet of space.
- ❁ Water new plants regularly throughout the summer. Wait to harvest stalks until the second year so that roots have time to grow strong.



*Rhubarb is an excellent source of vitamin K, which helps build strong bones at every age.*



## Sweeten Rhubarb with Less Added Sugar

- ❁ Add fresh berries, such as strawberries, blueberries or blackberries, to a rhubarb dessert.
- ❁ Make rhubarb sauce with 100% orange or apple juice instead of water. Add spices such as cinnamon or ginger.
- ❁ Blend cooked rhubarb with berries, applesauce or banana to make a smoothie.



## Store Well Waste Less

- ❁ Remove rhubarb leaves if still attached and throw away or compost. The leaves can cause severe illness and should never be eaten cooked or raw.
- ❁ Refrigerate rhubarb in a reusable produce bag for up to 3 weeks. When ready to use, rinse stalks under cool running water.

- ❁ Freeze rhubarb for longer storage. Cut stalks into pieces and spread on a baking sheet. Freeze until firm, 1 to 2 hours. Put into airtight containers labeled with the date and amount and return to the freezer. For best quality, use within 8 months.



# Enjoy Rhubarb

## Rhubarb Muffins

### Ingredients:

- 1½ cups **flour** (all-purpose, whole-wheat or a combination)
- 1 teaspoon **baking powder**
- ¼ teaspoon **baking soda**
- ¼ teaspoon **salt**
- 1 teaspoon **cinnamon**
- ½ cup packed **brown sugar**
- 1 **egg**
- ½ cup unsweetened **applesauce**
- ¼ cup **vegetable oil**
- 1 teaspoon **vanilla**
- 1 cup diced **rhubarb** (fresh or frozen and thawed)

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400° F. Lightly grease twelve muffin cups.
3. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon.
4. In a medium bowl, mix together brown sugar, egg, applesauce, oil and vanilla. Stir in rhubarb.
5. Add the wet ingredients to the dry ingredients. Stir until dry ingredients are moistened. Do not overmix.
6. Divide the mixture between muffin cups. Bake for 18 to 20 minutes or until a toothpick comes out clean. Remove muffins from pan after a few minutes of cooling.
7. Store muffins in a closed container for up to two days at room temperature or a week in the refrigerator.

### Note

- If using frozen rhubarb, measure when mostly frozen. After thawing, add rhubarb and extra juice to wet ingredients.

**Makes** 12 muffins

**Prep time:** 15 minutes

**Chill time:** 20 minutes

Go to  
[FoodHero.org](https://www.foodhero.org)  
for easy, tasty  
rhubarb recipes

## Chilled Strawberry-Rhubarb Soup

### Ingredients:

- 4 cups chopped **rhubarb** (fresh or frozen)
- 2 cups 100% **apple juice**
- 1 cup **water**
- 1½ cups sliced **strawberries** (fresh or frozen)
- ¼ cup **sugar**
- ⅛ teaspoon **salt**
- ⅓ cup chopped or torn fresh **mint** or **basil** (optional), divided

### Directions:

1. Wash hands with soap and water.
2. Boil rhubarb, apple juice and water in a large saucepan. Cook until the rhubarb is very soft, about 5 to 10 minutes.
3. Pour rhubarb mixture into a large bowl. Refrigerate until cool, about 20 minutes. Stir a few times while cooling.
4. Scoop rhubarb mixture into a blender. Add strawberries, sugar and salt. Blend until smooth.
5. Return mixture to the bowl and stir in ¼ cup mint, if desired. Serve in bowls with a sprinkle of chopped mint.
6. Refrigerate leftovers within 2 hours.

**Makes** 6 cups

**Prep time:** 20 minutes

**Chill time:** 20 minutes



**Kids  
Can!**

• When kids help make healthy food, they are more likely to try it. Show kids how to:

- **measure and mix ingredients.**
- **lightly grease muffin cups.**
- **scoop batter into muffin cups.**