

Rhubarb

Serving Size
1 cup of raw
chopped
rhubarb

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Did you know?

- It is one of the easiest vegetables to grow.
- The leaves are poisonous until you cut them off.

Fun Facts:

- Most popular in Europe and North America.
- The more red the stalk is the sweeter it taste.
- It started in Siberia

Shopping Tips

- After buying rhubarb you could leave it in the freezer for months.
- Only wash it when ready to use.

- 10% of Calcium, is in rhubarb, which helps with building bones, our blood clot, and helps nerves to send messages.
- **10% of Potassium is also in rhubarb, which helps normal water balance between cells and body fluids.**
- *16% of Vitamin C, is also in rhubarb, which helps the body maintain its connective tissue, including bones, blood vessels and skin.*

Rhubarb Fruit Salad

Ingredients

- 3 CUPS THINLY SLICED FRESH RHUBARB
- 3 TABLESPOONS HONEY
- 2 TABLESPOONS ORANGE JUICE
- 1 1/2 CUPS HALVED RED OR GREEN GRAPES
- 1 1/2 CUPS SMALL HONEYDEW OR CANTALOUPE MELON BALLS OR PEECES
- 1 1/2 CUPS DICED MANGO OR STRAWBERRIES

Preparation:

1. Bring rhubarb, honey and orange juice to simmer in a medium saucepan over medium heat.
2. Cook, stirring occasionally, until the rhubarb is beginning to break down, 3 to 4 minutes.
3. Transfer to a large bowl and refrigerate for about 15 minutes to cool.
4. Stir grapes, melon and mango (or strawberries) into the rhubarb mixture. Serve or return to refrigerator.