

# Rah Rah Rhubarb

## The Perennial with a Purpose

Stereotyped as bitter and unpalatable, rhubarb is often avoided as a seasonal summer food or covered up by being smothered in sweetness. Often paired in a dessert with luscious summer strawberries, this amazing vegetable (yes vegetable) is often a lack lustre afterthought. It's time to redeem this largely misunderstood and forgotten plant and move from identity crisis to a celebrated summer staple.



## 3 Cheers for Rhubarb

Rhubarb is a nutrient dense summer perennial packed with vitamins, minerals and antioxidants. Low in calories (21 calories per 110g serving) and high in dietary fibre, vitamin C, vitamin K, calcium, potassium, manganese, and lutein, it makes an ideal addition to a healthy diet.

Nutrient	% Recommended Daily Allowance (RDA) (per 100g)	Health Benefits
Dietary Fibre	5%	Increases good cholesterol, regulates the bowels
Vitamin A	3.5%	Antioxidants important for good vision, skin health, and immunity
Vitamin C	13%	
Vitamin K	24%	Component of brain, nerve, blood, and bone health
Calcium	8.5%	Bone health and protection.
Potassium	6%	Natural electrolyte, regulates blood pressure
Manganese	8.5%	Bone builder, metabolic booster

A rich source of antioxidants like beta carotene, lutein, and zeaxanthin, rhubarb may help with anti-aging, cataracts and macular degeneration, cancer, heart disease, and diabetes!

### Handy Tips!

#### How to Grow

So easy to grow! No need for a green thumb. The plant does best in well-drained soil in a sunny, sheltered spot. Best planted in the fall but can be planted in the spring not to be picked the first year. After that, stalks can be harvested from April until July.

#### How to Store

**Fresh:** Cut off the leaves and discard. Wash and dry and wrap in paper towel and refrigerate it.

**Frozen:** Cut off the leaves and discard. Wash and dry and chop into small pieces. Put in a freezer bag and empty it of air.

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### Rhubarb Recipes

Technically a vegetable, rhubarb is really considered a fruit due to the way it's typically used in culinary practice. But the benefits of rhubarb don't have to be masked by sugar. A sugar laden recipe defeats the nutritional powers of this amazing plant. Here are a couple of savory ways rhubarb can be enjoyed as well as a traditional sweet dish, because life is all about balance right?

#### Rhubarb Salsa



2 cups thinly sliced rhubarb  
1 small red onion, coarsely chopped  
1 large green, yellow, and red bell pepper, seeded and coarsely chopped  
1 jalapeno pepper, seeded and coarsely chopped  
1/2 cup chopped fresh cilantro  
3 roma (plum) tomatoes, finely diced  
2 teaspoons brown sugar  
5 tablespoons lime juice  
2 teaspoons coarse salt  
Garlic powder and pepper to taste

1. Stir rhubarb into a pot of boiling water and cook for 10 seconds. Quickly drain rhubarb and rinse with cold water until cool; transfer rhubarb to a large bowl.
2. Place red onion, green, red, and yellow bell peppers, jalapeno pepper, and cilantro into a food processor and pulse 3 or 4 times to finely chop; transfer pepper mixture to bowl with rhubarb. Stir in roma tomatoes.
3. Dissolve brown sugar in lime juice in a bowl; lightly stir lime juice mixture into rhubarb mixture. Sprinkle salsa with salt, garlic powder, and black pepper and stir salsa again. Refrigerate at least 3 hours to blend flavours.

#### Chicken & Baked Rhubarb



1 organic or free-range chicken, cut into 8 pieces  
Salt and freshly ground pepper  
11 oz. rhubarb  
1/4 cup raw organic sugar

1. Preheat the oven to 400F. Put the chicken pieces in an ovenproof dish, sprinkle with salt and pepper, and roast in the preheated oven for 30 minutes.
2. Cut the rhubarb into pieces and mix it with the sugar in a bowl.
3. Take the chicken out of the oven, place the rhubarb under the chicken, put it back in the oven, and roast for 15 minutes more.

#### Rhubarb Compote

1 1/2 cups diced rhubarb  
1 1/2 cups raspberries  
2 tablespoons lemon juice  
1/2 cup coconut palm sugar



Combine all ingredients in a saucepan over medium heat. Simmer, stirring occasionally, for 15 minutes until bubbly and thickened. Allow to cool before using. So versatile! Bake inside muffins or cakes, spoon over yogurt, ice cream or cheesecake.

Sources:

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