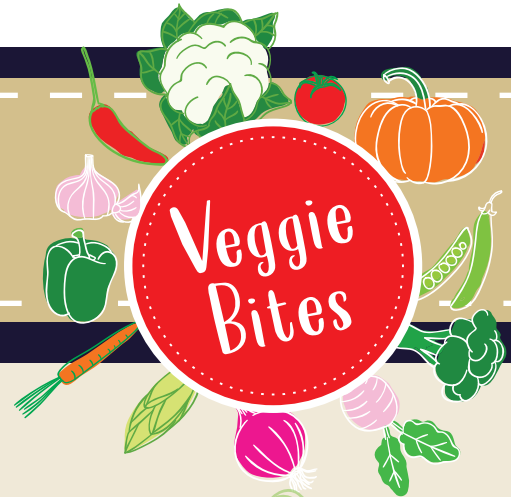


# Rhubarb

## Ruibarbo



Try It!



## Selection

When buying rhubarb be sure to choose stalks that are well colored, good size, straight and firm. Sometimes rhubarb is sold with the leaves attached and these should be crisp and fresh looking. Avoid stalks that are wilted or flabby. Once rhubarb is brought home be sure to cut off the leaves and throw them away as they are toxic.

## Uses

Rhubarb has two popular cooking methods, one is baking and the other is stewing. Baking is usually for pies, crisp, or crunch and stewing is for sauces or jams/jellies.

### RHUBARB COBBLER

#### Ingredients

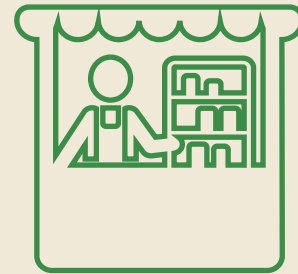
- 1 3/4 cups sugar, divided
- 1/4 cup tapioca, quick-cooking
- 4 cups rhubarb pieces, 1/2-inch
- 1 cup raspberries, unsweetened
- 2 tablespoons lemon juice
- 1 cup matzo meal
- 1 stick of butter (or margarine), unsalted (1/2 cup)
- 1/8 teaspoon ground nutmeg

#### Instructions

1. In a shallow 2-quart baking dish, combine 1 1/4 cups sugar and tapioca. Add rhubarb, raspberries, and lemon juice - mixing gently but thoroughly. Let stand from 15 minutes to one hour to soften tapioca, mixing several times.
2. Meanwhile, in a food processor or a bowl, whirl or rub together with your fingers the matzo meal, the remaining 1/2 cup sugar, margarine, and nutmeg to create fine crumbs.
3. Squeeze matzo mixture to compact into lumps, then crumble over rhubarb mixture.
4. Baked in a 375°F oven until cobbler is bubbling in center and top is golden brown, about 1 hour. Let cool 15 minutes.
5. Spoon cobbler into bowls.

# History & Fun Facts

The earliest records of rhubarb was in China back in 2700BC. Rhubarb was cultivated for medicinal purposes. Chinese Rhubarb was then planted in Italy in 1608 and then in Europe in 1638. In 1778 rhubarb is recorded as a food plant and it appeared in filling for tarts and pies. Medicinal rhubarb is only grown in Europe and China. The rhubarb grown in the U.S. is considered an ornamental and food plant.



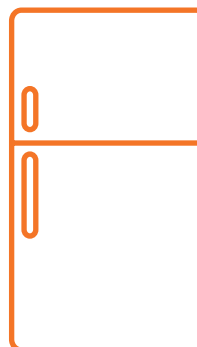
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Before storing rhubarb make sure you cut off the leaves (they are toxic).
- Store the washed stalks in a plastic bag in the crisper drawer.
- Use within one week of harvesting
- Maintain refrigerator temperature at 40 degrees for the freshest produce.



### NUTRITION FACTS

- Cholesterol free
- Sodium free
- Source of fiber
- Good source of Vitamin C
- Good source of calcium



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <http://www.mayoclinic.org/healthy-lifestyle/recipes>.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin—Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.