



Rhubarb

What is Rhubarb?

- Rhubarb is a vegetable often used like a fruit in cooking and baking. It has long, crist stalks that range in color from light green to deep red.
- Rhubarb has a very tart (sour) flavor, so it's usually cooked with a sweetener like sugar or honey.
- Important tip: Only the stalks are safe to eat - the leaves should not be consumed and discarded.

Preparation Methods:

- Chopped & Cooked: Wash, trim ends, and cut into small pieces. Simmer with a little water and sweetener until soft.
- Roasted: Toss stalks with a small amount of sugar or honey and roast in the oven at 400 degrees F for 10 - 15 minutes.

Storage Tips:

- Refrigerator: Store unwashed stalks in a plastic bag in the fridge for up to 1-2 weeks.
- Prep Before Storing: Remove and discard leaves right away.
- Freezing: Chop into pieces, spread on a baking sheet to freeze, then transfer to a freezer bag. Keeps for up to 6-12 months.
- Keep Dry: Moisture can cause spoilage, so avoid washing until ready to use.