

All About Rhubarb

Rhubarb Basics:

A lot of people think of Rhubarb as a fruit because we associate it with Strawberry Rhubarb pie and jam but it is actually a vegetable and a member of the buckwheat family. There is hothouse types and field-grown . Hot house types have pink to pale red stalks and are usually found at the grocery stores. Field grown Rhubarb has dark red stalks and green leaves and can be found at farmers markets from about April to June.

Is Rhubarb Poisness? The stalks are safe to eat raw or cooked. However, the *leaves should never be eaten* . They contain a toxin called Oxalic which can lead to kidney Failure.

When buying Rhubarb, look for firm tender stalks that are less than 2" wide.

Storing Rhubarb: Cut off any leaves if present, wrap them tightly in plastic wrap or in a reusable bag, and refrigerate up to 3 days.

How to Prepare: Before cooking, trim stalks at the bottom and top, and cut away any tough, woody or bruised parts. Wash thoroughly. Midsummer stalks may be a little tough and fibrous, so you may want to peel them Cut into small pieces and cook according to your recipe.

