



May's featured vegetable is:

Rhubarb

Pick the 'barb that's best for your bunch.

- Choose rhubarb that is firm and crisp with no blemishes. The stalk should be straight.
- Rhubarb will keep a week or longer if wrapped in plastic or put in some sort of sealed container in the fridge.
- Wash and trim the rhubarb stems and remove all leaves before use.
- One pound of rhubarb will give you about 3 1/2 cups of chopped rhubarb.
- Rhubarb can be frozen freezes best as an ingredient as part of another food (like muffins).

Rhubarb and fiber go together like peas and carrots. Why should fiber matter to you? Fiber travels through your intestines with the rest of your food, but plays a janitor-type role. Fiber works it's way through, cleaning and moving waste out of the body. Studies have shown that fiber plays a major role in preventing colon cancer. Who knew that something so helpful could taste as delicious as rhubarb?

Why rhubarb? Why me? Why now?

Recipes

Rhubarb Cake

- 1 1/2 C brown sugar
- 1/2 C canola oil
- 2 eggs
- 1 C buttermilk
- 2 C flour
- 1 tsp baking soda
- 1 1/2 C rhubarb, sliced
- 1 T sugar
- 1 tsp cinnamon



Preheat oven to 350° and spray 9x13 cake pan with non-stick spray (or oil lightly). In a large bowl, whisk together first four ingredients. Add flour and soda and stir just until mixed. Stir in rhubarb. Pour batter into pan. Combine sugar and cinnamon and sprinkle over the top. Bake for 30 minutes or until golden brown. Serve warm.

What to do, what to do?

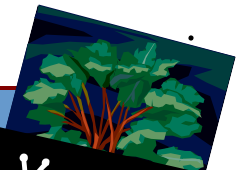
- Use rhubarb to make a tangy sauce to put on chicken, halibut, or salmon.
- Combine rhubarb with fruits like strawberries, raspberries, and apples to make a pie.
- Cook some rhubarb into your oatmeal for a little pucker power.
- Add a little rhubarb to muffin or biscuit recipes for a unique flavor.
- Add slices of rhubarb to your favorite berry yogurt.
- Make a fruit cocktail snack by mixing rhubarb with a variety of fruits.
- Dip a rhubarb stalk in a cinnamon and sugar mixture.
- Mix cream cheese and peanut butter together, put on a graham cracker and top with rhubarb slices.

Kid-Approved Rhubarb Muffins

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 3/4 cup light brown sugar
- 2 eggs, beaten
- 1 cup milk
- 1/4 cup canola oil
- 1 teaspoon lemon juice
- 1 1/2 cups fresh rhubarb, finely chopped



Preheat oven to 375° and spray 18 muffin cups with cooking spray. In a mixing bowl combine the flours, baking powder, soda, salt, and cinnamon. Set aside. In a separate bowl, beat together the brown sugar, eggs, milk, oil, and lemon juice until well-combined. Add the moist ingredients to the dry ingredients and stir until just combined. Fold in the rhubarb. Portion out into muffin cups. Bake for 15 to 20 minutes.



Viva Vegetables!

For Kids

- In ancient China, rhubarb was grown and used as medicine. It was so prized, in fact, that some people sent it to the emperor of China as a gift.
- The leaves of rhubarb are poisonous, but the stalks (the reddish part) are used in cooking, especially because they have a delicious, tart taste.
- Some people use the word "rhubarb" to mean a fight or squabble, not the vegetable.
- Rhubarb looks like red or pink celery.

Did you know???

WHAT WILL YOU MAKE WITH RHUBARB?

Invent your own rhubarb recipe or find one in a cookbook. Write it here and ask for the help of a grown-up if you would like to try it. If you need ideas, look on the other side of this newsletter.

LEARN A LIMERICK!

A LIMERICK IS A KIND OF POEM THAT HAS A SPECIAL RHYTHM. TRY TO MEMORIZE THESE LIMERICKS AND SHARE THEM WITH YOUR FAMILY AND FRIENDS.

**RHUBARB WHEN RAW IS SO TOUGH
AND ITS LEAVES CONTAIN POISONOUS STUFF,
BUT WHEN CLEANED AND DE-SOILED
DIPPED IN SUGAR AND BOILED
THEN THE STALKS ARE QUITE TASTY ENOUGH.**

**RHUBARB IS MUCH BETTER IN PIES
SWEET, SOUR AND ATTRACTING FLIES
IT'S GOOD AS GOOSEBERRY
AND TASTY AS CHERRY
PLEASE, HAVE A SLICE -- DO NOT BE SHY!**

*Want to chuckle?
It's that time again. Write your
very own vegetable joke.*



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