

Rhubarb



Rhubarb is a perennial leafy stalk that grows from rootstock in early spring and dies back again in the fall. The leaves are poisonous, but the stalk is sweet and tart, and can be eaten raw or cooked. Stalks can range from green to dark red, and are very fibrous. A good source of vitamins C and K, potassium, and manganese, rhubarb can add healthy zing to lots of recipes!

Cooking

The stalk of the rhubarb is nutritious and wholesome, but the leaves contain oxalic acid, which is poisonous. Stalks can be eaten raw as a crunchy snack, or chopped and cooked to soften: often combined with strawberries in sweet dishes like pies and crumbles, rhubarb is also great in savory recipes like salsa, salads, or BBQ sauce.

Storage

Wrap rhubarb in a damp cloth or plastic bag, and keep in the fridge up to 3 weeks. Trim & wash when ready to use. Rhubarb also freezes well: dice and freeze in an airtight container for up to 6 months.



Fresh Rhubarb Salsa

Serves: 4 Total Time: 10 Minutes

Ingredients:

- 4 stalks rhubarb, finely chopped (about 1 ½ cups)
- 1 small cucumber, finely chopped (remove seeds if needed)
- 1-2 plum tomatoes, chopped (1 large tomato or 1 cup cherry tomatoes)
- ¼ red onion, finely chopped
- ½ bunch fresh cilantro, rough chopped (about ½ cup)
- ½ bunch fresh parsley, rough chopped (about ½ cup)
- 1 tbsp honey (or other sweetener)
- 1 tbsp oil (olive or vegetable)
- 2 tsp lime or lemon juice
- ¼ tsp red pepper flakes
- Salt & pepper

Directions:

1. In a large bowl, toss together rhubarb, cucumber, tomato, red onion, cilantro, and parsley. Add a pinch of salt, and mix again, then set aside.
2. In a small bowl or cup, combine honey, oil, lime juice, red pepper flakes, and a pinch of salt and pepper. Whisk together with a fork until well blended, making sure honey has not collected at the bottom.
3. Pour dressing over the vegetables and toss until well coated. Let sit 10 minutes before serving to allow flavors to meld.
4. Serve or refrigerate in an airtight container up to 10 days.



lovin'
spoonfuls
a food rescue



Quick Tips

- Serve with fish tacos, grilled meats, roasted pork, or scrambled eggs.
- Replace tomatoes with peaches, plums, strawberries, or mango for a sweeter fruit salsa.
- Try adding celery, bell peppers, or tomatillo for a more savory salsa, or spice it up with finely chopped hot pepper.