

NUTRIENTS FOUND IN RHUBARB

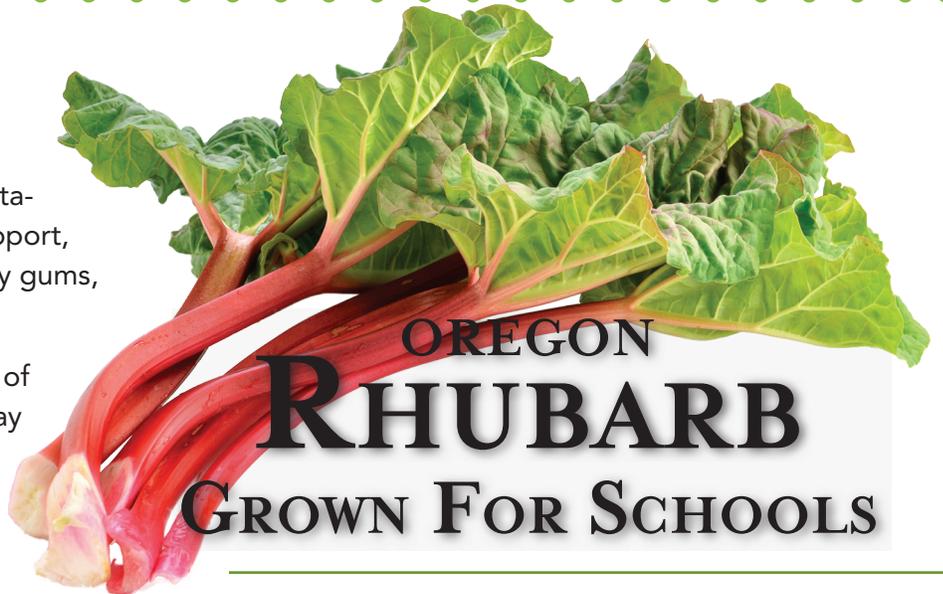
- Rhubarb is an excellent source of vitamin C which helps with immune support, healing, and maintenance of healthy gums, teeth and skin.
- Rhubarb is also an excellent source of Vitamin K which helps our bones stay healthy and strong.
- Rhubarb is a good source of essential minerals such as potassium, calcium, and manganese.
- Rhubarb contains fiber, which helps with digestion and can help protect against heart disease.



JUST FOR KIDS

Take advantage of a sunny, early summer day by making rhubarb pop-

sicles! Have an adult help you chop one stalk of rhubarb into small pieces. Combine these pieces with $\frac{1}{4}$ cup of sugar, two tablespoons of water, and the juice from half a lime. Cook these ingredients over medium heat until the rhubarb falls apart. Combine this mixture with $\frac{1}{2}$ cup of yogurt and 1 tablespoon of maple syrup. Spoon this mixture into an ice cube tray, stick a toothpick into each, and pop it into the freezer. Once they freeze, take them outside to enjoy!



HEALTHY, FIT & READY TO LEARN

- Offer your child fruits and vegetables with every meal and as snacks.
- Plan a family taste test! Cut up several varieties of the same fruit or vegetable and try pieces of each one. After trying all of them, compare the texture and tastes and talk about your favorites.
- Let your kids help you pack healthy snacks for a day trip.
- Read books with fruits and vegetables as characters, or have fun stories that revolve around healthy foods!

GROWN IN OREGON

Rhubarb is usually grown in cold climates and is a very hardy plant. It is easy to grow in a home garden and usually needs a period of frost in the winter in order for it to produce its best stalks in the spring. In Oregon, look for fresh rhubarb at farmer's markets from April until June.



LIVING AND EATING GREEN

Go on family bike ride to your local farmer's market. Make sure to bring your own bags so that you have an easy way to bike home with all of the delicious fruits and vegetables you may buy at the market. When you get home, prepare a meal using some of the fresh ingredients!

YOUR OREGON KITCHEN

QUICK AND EASY

- Rhubarb and strawberries are often paired in dishes. Make a simple fruit compote with both to serve over frozen yogurt or ice cream.
- Rhubarb can be frozen for 10 to 12 months. Clean the stalks and chop them into chunks before freezing.
- Blend rhubarb with apples to make tasty rhubarb-applesauce.
- Try making rhubarb muffins!



PRODUCE POINTERS

- Thin, crisp stalks have the best texture (they are less stringy). The deep red stalks are usually sweeter than green or light pink stalks.
- Avoid limp rhubarb. If the stalks are floppy, the rhubarb was picked too long ago.
- Fresh stalks are flat, not curled.
- Rhubarb leaves are toxic—make sure you only eat the stem!
- Remove leaves from the stems and refrigerate wrapped loosely in plastic bags for up to three weeks.

RECIPE: RHUBARB WAFFLES WITH RHUBARB SAUCE

INGREDIENTS:

SAUCE

- 1 1/4 pounds rhubarb, trimmed and diced (1/4 inch) about 5 cups
- 1 cup sugar (or reduce to taste)

WAFFLES

- 3 large egg whites
- 1 1/4 cups nonfat milk
- 1 1/2 tablespoons canola oil
- 1 1/2 cups all-purpose flour
- 1/4 cup whole-wheat flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt

DIRECTIONS:

- To prepare sauce: Combine rhubarb and 1 cup of sugar in a medium saucepan and simmer over medium-low heat. Cook until the rhubarb is tender and translucent. Transfer ~1 cup of the rhubarb to a small bowl with a slotted spoon, and reserve for the waffle batter. Boil the remaining rhubarb over medium heat, stirring occasionally, until slightly thickened.
- To prepare waffles: Whisk egg whites in a large bowl until frothy. Whisk in milk and oil. Stir in the reserved 1 cup of cooked rhubarb. Sift all-purpose flour, whole-wheat flour, 3 tablespoons sugar, baking powder and salt into a medium bowl. Gently stir the dry ingredients into the egg-milk mixture until all the ingredients are moistened.
- Preheat a waffle iron. (If your waffle iron is not non-stick, brush it lightly with oil.) Fill the iron about two-thirds full. Close and cook the waffles until they are nicely browned. Repeat with the remaining batter, coating the waffle iron lightly with oil, if necessary, before cooking each batch. Serve hot, topped with the rhubarb sauce.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.