

Harvest of the Month NEBRASKA

RHUBARB



Your school is participating in Nebraska Harvest of the Month by highlighting rhubarb this month! Rhubarb is one of the first crops that appear in the Nebraska growing season- typically found May through June. It's easy to grow rhubarb, the same roots grow rhubarb for more than 15 years.

SELECTION, STORAGE & COOKING:

- The deeper red the stalk, the less tart the taste will be.
- Store stalks in the refrigerator crisper for 2-4 weeks. Add a wet paper towel to the bag of rhubarb to keep it from drying out.
- Freeze rhubarb. Rinse and dry stalks then cut them into 1-2 inch pieces and store in a freezer container.

NUTRITIONAL VALUE

Rhubarb is an excellent source of vitamin c and k, fiber, and potassium and is low in calories and carbohydrates.

SEASONAL AVAILABILITY:



RHUBARB BERRY CRISP

Serves 9

Topping

- ¼ cup packed brown sugar
- ½ cup flour
- ¼ cup butter, melted
- ½ cup old fashioned rolled oats

Fruit Filling

- 3 cups chopped rhubarb (fresh or frozen)
- 3 cups berries (fresh or frozen)
- 2 tbl cornstarch
- ½ cup sugar
- 1 cup 100% fruit juice
- 1 tsp vanilla

Directions

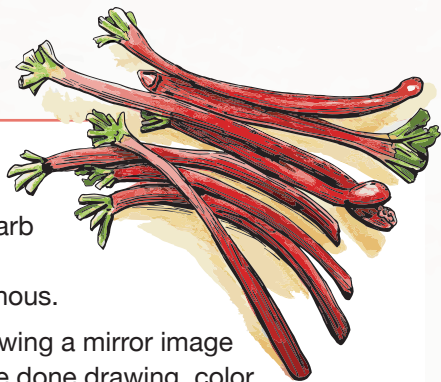
1. Preheat oven to 350°F.
2. In a medium bowl, combine brown sugar, flour, and oats. Mix in the butter and set aside.
3. Spread the rhubarb and berries in an 8x8-inch baking dish.
4. In a medium saucepan, mix cornstarch and sugar. Stir in juice. Stir constantly over medium heat until thickened. Turn off the heat.
5. Stir in vanilla and pour the mixture over the rhubarb and berries.
6. Crumble oat mixture on top.
7. Bake for 45 min or until topping is browned and fruit is bubbling at edges.

Adapted from: www.foodhero.org/recipes/rhubarb-blueberry-crisp

LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

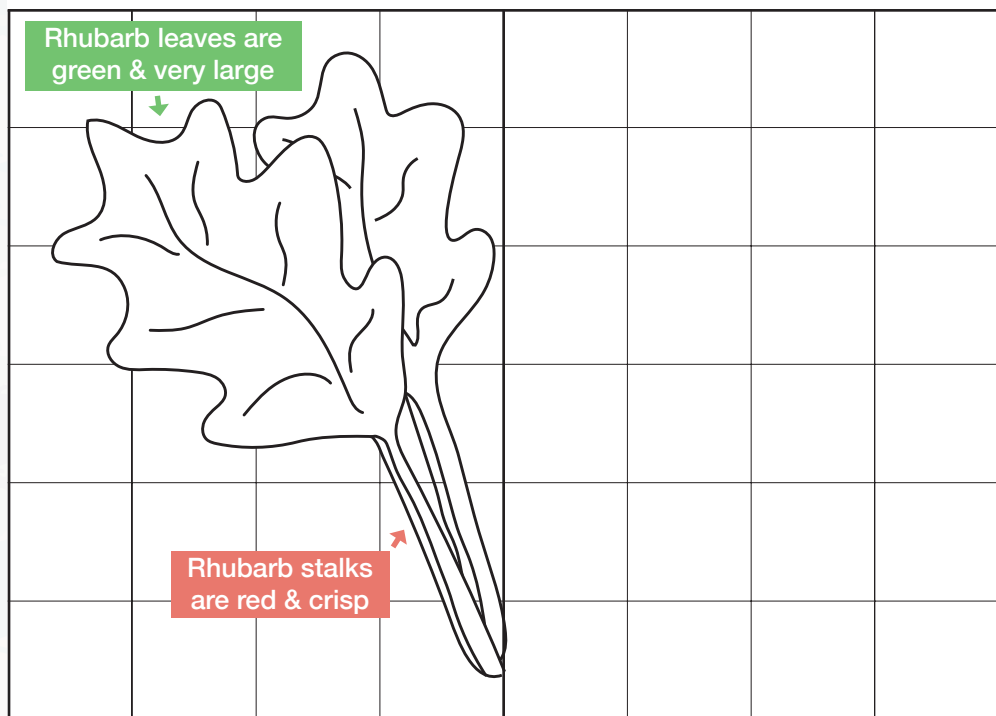
FUN WITH RHUBARB



LEARN TO DRAW RHUBARB

Did you know that only the stalks of the rhubarb plant can be safely eaten? Rhubarb leaves (cooked or raw) contain toxins that are poisonous.

Using symmetry, complete the picture by drawing a mirror image of the half drawn rhubarb plant. When you are done drawing, color the leaves with shades of green and the stems with shades of reds and pinks. See the image in the upper corner for coloring inspiration.



RHUBARB TRIVIA

Rhubarb stalks are _____ when the plant has flowered.

- A. Softer
- B. Tougher
- C. Smaller
- D. Larger