



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

RHUBARB



AVAILABLE

Spring and Summer.

STORE

In the fridge, a cool, dry cupboard or cellar.
Will keep for a month.

EAT

Cooked.

PREPARE

1. Remove the leaves.*
2. Wash stalks.
3. Slice or chop.

* Do not eat rhubarb leaves. They are poisonous!

COOK

Bake: In preheated oven at 180°C. Lay 5cm pieces of rhubarb on a baking tray. Sprinkle with 2Tbsp of sugar. Cover with foil. 15 minutes.

Stew: In a frypan or saucepan. Add 1 Tbsp sugar and 1 Tbsp water for every cup of rhubarb. Bring to the boil and simmer until rhubarb is soft. 5 minutes.

Microwave: High. 3 minutes for every 2 cups of rhubarb.

AVOID WASTE

Freeze: Stew. Freeze in small containers. Delicious for breakfast or dessert.

TASTY IDEAS

- Add stewed rhubarb to breakfast cereal.
- Add stewed rhubarb to yoghurt or custard for a quick dessert.
- Make rhubarb crumble or pie.
- Add thin slices of uncooked rhubarb to baking (e.g. muffins and cakes).
- Make spicy rhubarb chutney.