

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Rhubarb

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week



What vegetable is nick-named the "Pie Plant"?

### RHUBARB!

- ⇒ Select stalks that are flat, not curled or limp
- ⇒ When possible select stems that have been pulled not cut as they will stay fresh longer
- ⇒ Size does not matter.
- ⇒ The sweeter stalks are deep red in color
- ⇒ Rhubarb can be stored in the refrigerator for up to one week; wrap in plastic or place in a plastic bag to retain moisture & keep fresh
- ⇒ Best if eaten cooked, and is so tart that it usually needs to be sweetened.

### Nutrition Facts:

- ♦ **1/2 cup diced rhubarb is one serving**
- ♦ **One serving contains about 15 calories**
- ♦ **Rhubarb contains small amounts of fiber, vitamin C and calcium**

### Did you know

- \* Only 25% of the crop that is harvested is sold as fresh; the rest is frozen and sold primarily for commercial use.



**!! DO NOT EAT RHUBARB LEAVES: THEY CONTAIN POISONOUS CHEMICALS !!**

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



# Try these delicious, nutritious and healthy recipes!

## Rhubarb Slush

10 Servings

### INGREDIENTS

- 3 cups fresh rhubarb, chopped
- 1/2 cup white sugar
- 1/2 (6 ounce) can frozen orange juice concentrate, thawed
- 1/2 (6 ounce) can frozen lemonade concentrate, thawed
- 1-1/2 cups water (from cooking the rhubarb)
- 1 liter soda water, chilled



### DIRECTIONS

1. Place rhubarb in a large saucepan with water to cover. Bring to a boil over medium-high heat, and cook until tender. Drain, reserving liquid and mash or puree in a blender.
2. Stir together the rhubarb puree, sugar, orange juice concentrate, lemonade concentrate, and water from the cooked rhubarb. Freeze. Scoop the frozen mixture into serving glasses, and fill the rest of the glass with soda water.

## Rhubarb Bread Pudding (Slow Cooker)

8 servings

### INGREDIENTS

- 3 cups rhubarb, washed & diced
- 10 slices whole wheat bread, cubed
- 1/2 cup apple juice
- 1 cup raspberries, blueberries, or strawberries
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup brown sugar

### DIRECTIONS

In a large bowl, toss together rhubarb, bread cubes, berries, cinnamon, nutmeg, and brown sugar. Place mixture into slow cooker. Pour apple juice over the bread & rhubarb mixture; cover and cook on medium for 4 hours, or until rhubarb is tender. Serve warm

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**