

Radical Rhubarb

Spring is in the air! What does spring in BC mean? Rhubarb!

Rhubarb Facts

Rhubarb is a vegetable, which grows in abundance in BC from April–August. It has the texture of celery, but has a distinct tart taste. Despite being a vegetable, rhubarb is often cooked with sweet fruits to balance its tart flavor. Mixed with apple, strawberries or raspberries, it makes great pies and crumbles. If you are curious about preserving, it can be canned or pickled for use throughout the winter.

Rhubarb is Nutrient Dense

Rhubarb is high in many nutrients, making it a great addition to your summer palate:

- It is high in dietary fiber, which aids in digestion and helps keep you regular.
- One cup of rhubarb provides 45% of your Daily Value of vitamin K, which has a role in blood clotting.
- It is a source of potassium, which is important for the health of nerves and muscles and helps control fluid balance.
- It is a source of vitamin C, which helps protect you from infection.
- It is a source of manganese, which helps to breakdown and use carbohydrates and fat in the body.
- It is a source of calcium, which helps keep your bones strong.
- It contains antioxidants. The ruby red colour of rhubarb is due to the antioxidants called anthocyanins, which are proposed to neutralize harmful free radicals. Rhubarb is also high in the antioxidant category polyphenols, which can lower inflammation.



Purchasing and Storage Tips

Rhubarb comes in a variety of colours, from crimson red, to speckled light pink, to light green. Whatever colour you purchase, be sure that the rhubarb is crisp and firm. Once purchased, store it in the fridge to preserve freshness. Refrigerated, it can be stored for 2- 4 weeks. Before slicing be sure to peel off any tough outer strands.

Recipe: Rhubarb Salsa

2 cups rhubarb, diced small
1 cup chopped apple
3 onions, chopped
2 limes, juiced
2 tablespoons honey
1 jalapeno pepper, seeded and chopped

Bring a pot of water to a boil over medium heat, and stir in the rhubarb; simmer for 2 minutes to blanch. Drain in a colander set in the sink, and let cool.

Stir together the cooled rhubarb, apple, green onions, lime juice, honey, and jalapeno pepper until thoroughly combined.

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