Ryan the Rhubarb

It's April and we are really excited to introduce our new Superhero vegetable of the month!

Can you guess who I am?

Who Am I?

- I am a long colourful stalk, usually pink or red with some large green leaves.
- I kind of look like a red piece of celery
- I can taste quite tart or sour, but I turn sweeter as I am cooked



Did You Know?

- I am part of the buckwheat family, which consists of more than 1200 species of trees, shrubs and vines.
- My leaves are poisonous so do not eat them!
- Many people call me a fruit as I am used in pies and desserts, but I am actually a vegetable

Where Can You Find Me?

- I grow bestinanopen, sunnysite.
- I can be harvested from spring to summer.
- A healthy rhubarb plant will last up to 10 years.
- When buying rhubarb, it it best to choose firm, crisp stems free of any brown or yellow spots.

Why You Should Eat Me?

First ofall I taste deliciousbutbest of all I help you grow big and strong!

- I provide ***vitamin K.*** This helps your blood clot which stops bleeding if you get a cut
- I am high in ***fibre***. This helps you digest food
- I contain ***Vitamin C*** which helps boosts your immune system and helps cuts heal

Fun Ways to Eat Me

I am best eaten stewed or as part of tarts, pies or crumbles.

Turn over for some cool recipes!

LOW PROTEIN RECIPES

RHUBARB & STRAWBERRY COMPOTE

Naturally Sweetened



Ingredients

- 90g of rhubarb
- 90g strawberries (around 5/6 strawberries)
- 1 tbsp honey
- 3 tbsp orange juice
- 50ml water

Method

- Cutoff leaves of rhubarb and dispose of.
- Wash, peel and cut rhubarb into 2.5 cm pieces.
- Wash and cut strawberries into small cubes
- Place rhubarb, strawberries, honey, orange juice and water into saucepan
- Cover and allow to boil.
- Reduce to a simmer, remove lid and and allow to simmer for 10 minutes. At this point most of the fruit should have broken down, remove from heat.
- Cool for 10 minutes and then transfer to blender and blend till smooth or alternatively mash with potato masher till smooth.
- Transfer the compote to a glass jar with a lid. Leave uncovered at room temperature until it's no longer hot. Pop on the lid and transfer to the fridge to chill for at least 4 to 6 hours before using.

Serving Suggestions

- Use as topping for yoghurt
- Swirl into plain yogurt for a homemade sweetened yogurt without all the added sugar
- spread on pancakes, waffles, muffins or scones.