

## Fun Food Feature of the Week!

### Rhubarb

- Dates back to 2700 BC from China where it was primarily used for medicinal purposes
- Rhubarb is a vegetable that is grown all year long in several places but it is said that the best rhubarb comes from Michigan and Ontario Canada.
- Rhubarb grows green, red, pink, and may be speckled depending on type and variety. All types are rich in vitamin C and fiber.
- The flavor of rhubarb is extremely sour and most recipes will include some type of sweetener.
- Rhubarb stalks may be snapped off similar to that of celery. Stalks should be crisp and should be refrigerated to preserve freshness. Leaves can be cut off and clean stalks can be stored in plastic bags.



### Rhubarb Salsa

1 cup finely diced rhubarb  
1/2 cup finely chopped yellow pepper  
1/2 cup finely chopped red pepper  
1/4 cup chopped green onion  
1 or 2 minced chili peppers  
1/2 Tbsp fresh lime juice  
Dash of brown sugar  
Salt and pepper to taste



Blanch rhubarb for 10 seconds in boiling water. Refresh immediately in ice-cold water. Combine with peppers, onions, and cilantro. Stir in lime juice with brown sugar, salt, and pepper. Serve with fish, chicken, or baked tortilla chips. May also use as a marinade.

Serving size: 2 Tbs. Exchanges: 1/2 vegetable