



Rhubarb

Dakota: Pezi hu ta zi

Lakota: húšaša

Pick it!

Select firm, red stalks; usually those that are deep red are sweeter and richer, green stalks may be sour.

Rhubarb can be stored in a plastic bag in the refrigerator for a few days.

The skin on the stem is peeled off prior to use.

Rhubarb has large green leaves that should not be eaten.



Try it!

If purchased with leaves or roots, remove them, they are a source of a toxic poison.

Rhubarb is naturally tart, less sugar is used in recipes.

Rhubarb is most often used in pies and baked goods. Also included in cold soups, jams, and meats like beef, pork and lamb.



Types of Rhubarb

Victoria: green stalks red on bottom, popular commercial variety

MacDonald: Bright pink to red stems, common home grown for canning, freezing, pies.

Canada Red: Long, thick, red stalks, stay red when processed, very tender and extra sweet



Did you know...

Rhubarb is a good source of B vitamins such as folate, riboflavin, niacin, vitamin B-6, and thiamin. B vitamins help break down protein, fat and carbohydrates.

Like it!

Rhubarb Blueberry Sauce with Orange Slices

Ingredients

- 1 pound rhubarb, trimmed and cut into thin slices
- ¼ cup orange juice
- 5 Tablespoons sugar
- ½ teaspoon finely grated orange peel
- 1-cup fresh or frozen blueberries
- 2 large navel oranges, peeled and cut into sections
- 4 sprigs fresh mint (optional)

Directions

Combine the rhubarb, orange juice, sugar, and orange peel in a saucepan. Cover and bring to a boil over medium high heat, then turn to low and cook for 8 minutes or until the rhubarb is very soft. Stir in the blueberries. Either chill mix for later or serve warm into 4 dessert bowls. Arrange the orange sections in a flower shape on top of the sauce and garnish with a sprig of mint.

Yields 4 servings.

Nutrition Facts per Serving:
Calories 150; Fat 0g; Cholesterol 0mg; Sodium 5mg;
Carbohydrate 37g; Sugar 28g; Fiber 5g; Protein 2g

Dakota Perspective (Wild rhubarb)

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Grows where ground has been disturbed, stalks can be eaten fresh or boiled with plums to flavor, highly medicinal

Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.

Low-Fat Rhubarb Muffins

Ingredients

- 1 ½ cups flour, all-purpose
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- ¼ teaspoons baking soda
- ¼ teaspoons Salt
- 1 individual egg
- 1 teaspoon vanilla extract
- ⅔ cups brown sugar
- ⅔ cups applesauce
- ¼ cups vegetable oil
- 1 cup chunk rhubarb

Directions

1. Mix flour, baking powder, cinnamon, baking soda and salt in a large bowl and set aside.
2. In another bowl mix together egg, vanilla, brown sugar, applesauce and oil.
3. Pour wet ingredients into the flour mixture until thoroughly combined.
4. Fold* in rhubarb.
5. Spray muffin tin pan with non-stick cooking spray or add foil liners.
6. Fill each muffin tin until 2/3 full.
7. Bake at 400 degrees for 18-20 minutes or until toothpick comes out clean.
8. Let cool for a few minutes before serving.

Yield 12 muffins

Nutrition Facts per Serving:
Calories 159, Total Fat 6 g, Saturated Fat 0g, Protein 2 g,
Total Carbohydrates 25 g, Dietary Fiber 1 g, Sodium 286 mg

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