



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Rhubarb

*Dakota: Pezi hu ta zi*

*Lakota: húšaša*



## Pick it!

Select firm, red stalks; usually those that are deep red are sweeter and richer.

## Try it!

Remove leaves and roots before eating, as they can be toxic.

## Like it!



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S-0001-33

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Dakota word translated by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Spring

# 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.

Store unwashed rhubarb in tightly wrapped plastic wrap, in the refrigerator for up to 3 weeks.

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, sweeteners are used.

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, commonly homegrown for canning, freezing and 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**

1. Combine the rhubarb, orange juice, sugar and orange peel in a sauce pan.
2. Cover, bring to a boil over medium high heat, then turn to low and cook for 8 minutes or until the rhubarb is very soft.
3. Stir in the blueberries.
4. Either chill the mix for later or serve warm into 4 dessert bowls.
5. 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)**

*Dakota: Pezi hu ta zi*

*Lakota: húšaša*

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 translated by Jeshua Estes.*

## **Low-Fat Rhubarb Muffins**

### **Ingredients**

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

### **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 and stir 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 ⅔ full.
7. Bake at 400 degrees for 18-20 minutes or until toothpick comes out clean. Let cool a few minutes before serving.

Yields 12 muffins

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

**Find more recipes  
and videos at  
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- Select firm, red stalks.
- The deeper red, the sweeter it will be. Green stalks can be eaten, but will be more sour.
- Leaves and roots must be removed as they contain a toxic poison.
- Store unwashed rhubarb in tightly wrapped plastic wrap, in the refrigerator for up to 3 weeks.
- Rhubarb is naturally tart, sweeteners are used.
- Rhubarb can be used in pies, baked goods, cold soups, jams and with beef, pork and lamb.
- Rhubarb can be persevered through canning, freezing or drying.

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## 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

1. Combine the rhubarb, orange juice, sugar and orange peel in a sauce pan.
2. Cover, bring to a boil over medium high heat, then turn to low and cook for 8 minutes or until the rhubarb is very soft.
3. Stir in the blueberries.
4. Either chill the mix for later or serve warm into 4 dessert bowls.
5. 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

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## Low-Fat Rhubarb Muffins

### Ingredients

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

### 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 and stir 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 ⅔ full.
7. Bake at 400 degrees for 18-20 minutes or until toothpick comes out clean. Let cool a few minutes before serving.

Yields 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

Source: [s3.wp.wsu.edu/uploads/sites/2088/2016/09/rhubarb.pdf](https://s3.wp.wsu.edu/uploads/sites/2088/2016/09/rhubarb.pdf)



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In season:



Spring

# Rhubarb

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Lakota: *húšaša*

## Sampling Display Instructions

### Rhubarb Blueberry Sauce with Orange Slices

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons ( $\frac{1}{8}$ serving size) with 1 orange slice per sample serving.			
Rhubarb, fresh or frozen, trimmed and cut into thin slices	$\frac{3}{4}$ pound	1 pound	1 $\frac{1}{2}$ pound
Orange juice	3 Tablespoons	$\frac{1}{4}$ cup	6 Tablespoons
Sugar	3 $\frac{1}{2}$ Tablespoons	5 Tablespoons	7 Tablespoons
Finely grated orange peel	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon
Blueberries (fresh or frozen)	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
Navel oranges, peeled and divided into sections	2 large	3 large	4 large
Fresh mint (optional)	6 sprigs	8 sprigs	12 sprigs

#### Directions:

1. Combine the rhubarb, orange juice, sugar and orange peel in saucepan.
2. Cover, bring to a boil over medium high heat, then turn to low and cook for 8 minutes or until the rhubarb is very soft.
3. Stir in the blueberries.
4. If serving warm, place sauce in a warm crockpot. If serving cold, transfer to an airtight container and place over ice.
5. Peel and divide the orange slices, store in airtight container for transport.
6. To serve, place an orange slice in a cup, top with 2 Tablespoons Rhubarb Blueberry Sauce. If mint is available, garnish with small piece of mint.

#### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic utensils
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtube.com/watch?v=BG-FLkSrihK0](https://youtube.com/watch?v=BG-FLkSrihK0)



#### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using small cups; provide utensils.
- Ask parent's permission before giving children a sample.
- Ask them if they use rhubarb often in their meals. Ask if they could use this recipe.
- Remind them that this sauce can be served either hot or cold.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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## Sampling Display Instructions

### Low-Fat Rhubarb Muffins

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 serving = ¼ muffin			
Flour, all-purpose	¾ cup	1 cup	1 ½ cups
Baking powder	½ teaspoon	¾ teaspoon	1 teaspoon
Cinnamon	1 teaspoon	1 ¼ teaspoons	2 teaspoons
Baking soda	Dash	Dash	¼ teaspoon
Salt	Dash	Dash	¼ teaspoon
Egg	1 Tablespoon, 2 teaspoons	2 ¼ Tablespoons	1
Vanilla	½ teaspoon	¾ teaspoon	1 teaspoon
Brown sugar	⅓ cup	⅓ cups, 1 Tablespoon, 2 ⅜ teaspoons	⅔ cup
Applesauce	⅓ cup	⅓ cups, 1 Tablespoon, 2 ⅜ teaspoons	⅔ cup
Vegetable oil	2 Tablespoons	2 Tablespoons, 2 teaspoons	¼ cup
Rhubarb, chunks	½ cup	⅔ cup	1 cup

### 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. Fold in rhubarb.
4. Spray muffin tin pan with non-stick cooking spray or add foil liners. Fill each muffin tin until ⅔ full.
5. Bake at 400 degrees for 18-20 minutes or until toothpick comes out clean. Let cool a few minutes before serving.
6. Once cooled, transfer to airtight container for transport.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or napkins
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
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