



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Spring

Rhubarb

Dakota: *Pezi hu ta zi*

Lakota: *húšaša*

Lesson Plan

Objectives

Participants will:

- identify rhubarb as a vegetable and the part of the plant it comes from.
- increase knowledge in the harvest, storage and use of rhubarb.
- demonstrate use of rhubarb in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Rhubarb Nutrition Information sheet

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

Recipe Choices

- Rhubarb Blueberry Sauce with Orange Slices
- Low-Fat Rhubarb Muffins

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Stove Top Safety
- Oven Use and Safety
- Measuring Liquid and Dry Ingredients

Other Cooking and Food Safety Skills

- Kitchen terms - boil and zest
- Low-fat substitutions
- Freezing rhubarb

Supplies for Rhubarb Lesson

- Rhubarb Blueberry Sauce with Orange Slices
 - » Cutting board
 - » Knife
 - » Liquid measuring cup
 - » Dry measuring cups
 - » Measuring spoons
 - » Grater
 - » Saucepan with lid
 - » Stirring spoon
 - » Stove or electric burner
- Low-Fat Rhubarb Muffins
 - » Cutting board
 - » Knife
 - » Dry measuring cups
 - » Liquid measuring cup
 - » Measuring spoons
 - » Large bowl (to mix dry ingredients)
 - » Medium bowl (to mix wet ingredients)
 - » Stirring spoon/spatula
 - » Muffin tin
 - » Toothpick (to check for doneness)
 - » Oven

Dakota perspective: Wild rhubarb

Dakota name – Pezi hu ta zi

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

What You Say:	What You Do:
<p>Every class we are going to learn about a different fruit or vegetable. I am going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • Treated like a fruit but it is really a vegetable. • It was used as a medicinal plant in ancient China as a laxative, fever reducer and to cleanse the body. • The leaves and roots are poisonous, only the stalk is eaten. <p>(Answer: Rhubarb.)</p>	<ul style="list-style-type: none"> • Name off each clue; allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of rhubarb.
<p>Rhubarb is a vegetable. It looks very similar to celery (it is the stem of plant) but it tastes very different! How many of you have tried rhubarb? How did you eat it?</p> <p>Rhubarb is very tart, and sugar is usually added to recipes made with rhubarb to balance it out.</p> <p>One very important thing about rhubarb is that the leaves and the roots contain something called oxalic acid which can make us very sick if we eat them. If you are harvesting rhubarb, make sure to pull the stalks from the plant and trim off the leaves before preparing.</p> <p>The early pink stems of the rhubarb usually have the best flavor for cooking. If possible, do not cook rhubarb in aluminum, iron or copper pots, this will turn the rhubarb brown and may also darken the pan.</p>	<ul style="list-style-type: none"> • Discuss different ways rhubarb is usually eaten. • Show the Parts of a Plant visual.
<p>How many of you have grown rhubarb? What do you do to care for your rhubarb?</p> <p>Rhubarb is a very hearty plant. It is a perennial, which means that that they will come back year after year. If you are wanting to plant rhubarb, plant the roots in the early spring (planting seeds is not recommended). Do not plan to harvest any rhubarb the first year of planting, plants need time to develop a strong root system.</p> <p>You will be able to harvest the stalks for 1-2 weeks the second year, after the 3rd year you will have 8-10 weeks to harvest rhubarb.</p>	<ul style="list-style-type: none"> • Discuss growing rhubarb.



= for adults or older youth

What You Say:	What You Do:
<p>Why would we want to eat rhubarb?</p> <p>Rhubarb is low in calories, and has potassium and vitamin C.</p>	<ul style="list-style-type: none"> • Show the Rhubarb Nutrition Information sheet.
<p>If we are not going to eat fresh rhubarb right away, how do we store it?</p> <p>Make sure to remove the leaves first. Wrap unwashed rhubarb tightly in plastic, they can be stored in the refrigerator for up to 3 weeks.</p>	<ul style="list-style-type: none"> • If any participants have suggestions discuss these.
<p>(Long-term storage) If you don't plan to use rhubarb within 3 weeks it can be frozen. To do this, wash the stalks and chop into 1/2-inch pieces. Spread the pieces on a sheet pan and place in the freezer. After the rhubarb is frozen, put rhubarb in plastic freezer bags. Rhubarb will last up to 6 months in the freezer.</p> <p>Have any of you used this technique for storing rhubarb?</p>	



= for adults or older youth

Use this page if you are going to prepare Rhubarb Blueberry Sauce with Orange Slices

Equipment List

- Cutting board
- Knife
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Grater
- Saucepan with lid
- Stirring spoon
- Stove or electric burner

What You Say:	What You Do:
Today we are going to make Rhubarb Blueberry Sauce with Orange Slices. Before we do any food preparation, what is the first thing we need to do? (Answer: Wash our hands.)	<ul style="list-style-type: none"> Review Handwashing skill sheet.
Today we will be using knives to cut the rhubarb and the stove to cook the sauce.	<ul style="list-style-type: none"> Go over Knife Safety and Cutting Boards and Stove Top Safety skill sheets.
This recipe calls for finely grated orange peel; this may also be called "zest" in other recipes. When using citrus peels in recipes only grate off the top (colored) layer.	<ul style="list-style-type: none"> Demonstrate grating or zesting the orange peel. Discuss and demonstrate importance of washing fruits and vegetables before using, refer to Washing Fruits and Vegetables skill sheet.
This sauce can also be used with other fruits that are in season. Rhubarb tastes great with strawberries as well. What other fruits would you try with this recipe?	<ul style="list-style-type: none"> Discuss other fruits.

Use this page if you are going to prepare Low-fat Rhubarb Muffins

Equipment List

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Cutting board • Knife • Dry measuring cups • Liquid measuring cup • Measuring spoons | <ul style="list-style-type: none"> • Large bowl (to mix dry ingredients) • Medium bowl (to mix wet ingredients) • Stirring spoon/spatula | <ul style="list-style-type: none"> • Muffin tin • Toothpick (to check for doneness) • Oven |
|--|---|---|

What You Say:	What You Do:
<p>Today we are going to make Low-Fat Rhubarb Muffins.</p> <p>Before we do any food preparation, what is the first thing we need to do? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet. • Pass out recipe and read together.
<p>These muffins are considered low-fat because we use less fat (or oil) in them than a typical muffin recipe. Applesauce can be used in place of oil in many baking recipes. In many recipes, you can do a 1:1 substitution for oil with applesauce. This means if a recipe calls for 1 cup of oil you could use 1 cup of applesauce instead.</p>	<ul style="list-style-type: none"> • Start preparing muffin recipe after discussion.

Visuals



Young rhubarb plant



Rhubarb flowering



Rhubarb leaves (Not edible)



Rhubarb stalks (Edible)

Rhubarb Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Rhubarb, raw	1 cup, diced 122g	26	2.2	124	10	351	9
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Rhubarb Sources

Recipe

- extension.wsu.edu/pierce/wp-content/uploads/sites/45/2016/09/rhubarb.pdf

Rhubarb Information

- extension.illinois.edu/blogs/ilriverhort/2017-04-17-rhubarb

SD Harvest Calendar

- pickyourown.org/SDharvestcalendar.htm

How long to store

- foodsafety.gov/keep/foodkeeperapp/index.html

How to store

- fruitsandveggies.org/

Cooking Glossary

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

Daily Nutrition Goals

- dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials

Dakota translation and perspective

- Provided by a member of Hunkapti Dakota.

Lakota translation

- Translated by Jeshua Estes

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In season:



Spring

Rhubarb

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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

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