



RHUBARB

Rhubarb, often mistakenly considered a weed, is a plant from the Polygonaceae family. A relative of nettle and buckwheat, rhubarb can be found in many of our backyards, as it is a perennial plant very resistant to our harsh climate. While the stalk is delicious as is, dipped in sugar, or used in a sweet or savory dish, its leaves are toxic and should not be composted!

Store it as soon as you buy it!

A few days on the counter with the stalks in water and/or in the fridge, 1-2 weeks in a plastic bag without the leaves.



Make reserves!

Early May to late August

ENJOY IT ALL YEAR ROUND!



Freezing!

Freeze the stalks on a baking sheet and then place them in an airtight bag. Keeps up to a year.

Recipe ideas: *compote, crumble, vegetable stir-fry.*



Dehydration!

After removing the leaves, wash the stalks well and cut them into pieces about 1 cm. Dehydrate at 135°F for 8 to 12 hours. *Optional: blanch the pieces for 2 minutes to preserve rhubarb's color after dehydration. Keeps in an airtight container for up to a year.

Recipe ideas: *mixed nuts and dried fruits, salad.*



Canning!

Cut the rhubarb into pieces, place them in a jar, and pack tightly. Pour simple syrup over the pieces until covered, then put on the lids. Submerge the jars in water and boil for 20 minutes.

Recipe ideas: *fruit salad, muffins.*



Lacto-fermentation!

Mix 450g of rhubarb, 6g of salt, 15g of ginger, and 2g of cardamom until the salt is incorporated. Pack the rhubarb tightly in a jar and cover with the liquid. Close the lid and let ferment for about 4 days (to taste), ensuring the rhubarb is always covered with the liquid and opening the container daily to let the gas escape.

Recipe ideas: *Asian-style stir-fry.*