



FUNRHUBARFACTS

- Rhubarb is high in calcium and helps makes our bones and teeth strong
- Rhubarb is the stem part of the plant
- Rhubarb leaves are toxic so don't eat the leaves!
- Rhubarb tastes delicious!

GREAT RHUBARB RECIPES

Kid-approved Rhubarb Muffins

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| 1 cup all-purpose flour | $\frac{3}{4}$ cup light brown sugar |
| 1 cup whole wheat flour | 2 eggs, beaten |
| 1 $\frac{1}{2}$ teaspoons baking powder | 1 cup milk |
| 1 teaspoon baking soda | $\frac{1}{4}$ cup canola oil |
| $\frac{1}{2}$ teaspoon ground cinnamon | 1 teaspoon lemon juice |
| $\frac{1}{2}$ teaspoon salt | 1 $\frac{1}{2}$ cups fresh rhubarb, finely chopped |

Preheat oven to 375° and spray 18 muffin cups with cooking spray.

In a mixing bowl combine the flours, baking powder, soda, salt, and cinnamon. Set aside.

In a separate bowl, beat together the brown sugar, eggs, milk, oil, and lemon juice until well-combined.

Add the moist ingredients to the dry ingredients and stir until just combined. Fold in the rhubarb. Portion out into muffin cups.

Rhubarb and Strawberry crumble

FILLING:

- 4 C rhubarb, cut into 1/2" pieces
- 2 C strawberries, quartered
- $\frac{1}{2}$ C sugar
- 2 T flour

CRUMBLE TOPPING:

- $\frac{1}{2}$ C rolled oats
- $\frac{1}{2}$ C flour
- $\frac{1}{2}$ C brown sugar
- 1 T butter, softened
- 1 T canola oil
- 1 T fruit juice (any flavor)
- $\frac{1}{4}$ C chopped nuts

Preheat oven to 375 degrees. In a large bowl, toss together rhubarb, strawberries, sugar, and flour. Place this mixture in a 9" square baking dish. In the same bowl, combine oats, flour, brown sugar, butter, and oil. With a fork or your fingers, combine the ingredients until the mixture is crumbly. Stir in the juice and nuts until evenly moistened.

Distribute the topping mixture over the fruit. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden.



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IRON COUNTY

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

This material was adapted by the University of Wisconsin-Madison Division of Extension Iron County. Below is the statement that was shared on the original version of this document.

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