



Strawberry Rhubarb

Strawberry Rhubarb is a variety of rhubarb with bright red stems and a milder flavor than the old-fashioned greener stemmed types. Rhubarb is seasonally available in spring and early summer and is held in high regard for its rejuvenative effect on our bodies after a long winter. It is high in vitamins A and C and is a good source of calcium. Tartness is imparted by the presence of oxalic acid, which increases over the harvest period. Stems picked at an early stage have less acid. Stems of the reddest varieties have lower acid even at a more mature stage. It is probably the only stem that is treated like a fruit in preparation, being found most often in desserts. The leaf is never used, as is mildly poisonous.

Rhubarb is a perennial plant, dying back during winter and regrowing with the first warmth of spring. Rhubarb may be harvested for several weeks after its leaves begin to unfurl and its stems lengthen. The leaves should be allowed to come to their full size before harvest. Stems should be pulled off of the crown of the plant, not cut or snapped. The older the plant the thicker the stems will be. This does not indicate toughness nor tartness and

will provide a longer storage life. Thin, wispy stems are the least desirable and may indicate the plant is young or being over-harvested. Upon harvest the green of the leaf should be removed to prevent rapid dehydration of the stem.

RHUBARB SAUCE

1 lb. of rhubarb will chop up into 3 cups of large diced rhubarb and should be sweetened with 1/2 - 1 1/2 cups of sugar depending on taste. Honey or maple syrup make good sweeteners in place of some or all the sugar. Use sparingly if you are not sure of their sweetening effect. More syrup or sugar can always be added if the sauce is too tart.

For the simplest preparation, rinse the stems and chop into 1 inch chunks. With just the water still clinging to the pieces place in saucepan and add sweetener. Simmer over low heat covered, until the rhubarb is softened. Stir frequently. If you prefer a thinner sauce, add several tablespoons of water. Adjust sweetener and simmer and stir until thoroughly mixed. Enjoy over ice cream, cake or just as a dessert sauce on the side.

Serves 4

RHUBARB TIRAMISU BY CHEF JORDAN LICHMAN

The method used in this recipe is very similar to the one I used to make tiramisu (lady fingers dipped in brandy and coffee and topped with mascarpone mousse) when I was the Pastry Chef at the Opera House Restaurant in Madison. This recipe requires a few more steps than most but is definitely worth it. The black pepper adds a hint of depth and spice.

1 Pound	Rhubarb, roughly chopped
1/2 cup	sugar
2 each	egg yolks
1/2 cup	sugar
4 ounces	cream cheese or mascarpone, cut into chunks
1 cup	heavy whipping cream, cold
2 each	egg whites
1 package (32 each)	lady fingers (the one I used, I bought at Sentry)
1 cup	semi-sweet California Gewürztraminer or Riesling
1/4 teaspoon each	black pepper, finely ground, and cinnamon (opt)

Method on back of card



*Recipes and information provided by Harmony Valley Farm; its farmers and staff.
For more information go to www.harmonyvalleyfarm.com*

A Midwestern Palette - Eating With the Seasons

Though many fresh foods are available year round, our regional agricultural community, and the urban communities surrounded by them, benefit when we choose to eat seasonally, from local producers. Knowing the seasonality of our favorite produce allows us to make informed choices.

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
				Rhubarb Season							

The Midwest rhubarb season is fairly short. Since rhubarb can easily be frozen for later use, you can buy it while it is in season and enjoy it later.

Preparation and Storage Tips

Rhubarb is often sold with a small amount of the leaf left intact. This leaf should be trimmed off completely. The end attached to the rhubarb's crown often has a small amount of dried plant material clinging to it. This can easily be rubbed off when you wash the stem. Rhubarb is not generally peeled. To store rhubarb wrap in a barely moist paper towel and place in a plastic bag to prevent dehydration. Store in crisper drawer. If stems become rubbery, they simply dried out. They are still usable as long as they have not developed dark spots, sunken areas or mold. Rhubarb can easily be frozen for later cooking. Just chop and place in freezer bag. It is recommended to use frozen fruit within 9 months. A vacuum sealed bag stores even longer.

RHUBARB BREAD

from Mary Eberle, Member of Harmony Valley Farm CSA

1 C. soured milk (add 1 T. vinegar to 1 C. milk, wait 5 min.)	3/4 C. brown sugar
2/3 C. oil	1 egg
1 T. vanilla	2 1/2 C. all purpose flour
1 t. baking soda	1 t. salt
1 1/2 C. Rhubarb, chopped	1/2 C. sugar
1 T. butter, room temp	

Heat oven to 325. Grease 2 loaf pans. Mix soured milk, brown sugar, oil, egg and vanilla. In separate bowl, mix flour soda and salt. Add dry ingredients to wet, mix. Add rhubarb and mix. Pour into pans. Blend sugar and butter, sprinkle on top of batter. Bake 50 min. or until knife inserted comes out clean. Allow to cool for 10 minutes before removing from pans.

(from front) 1. Combine the rhubarb and 1/2 cup sugar in a non-stick skillet. Heat the rhubarb over medium-high heat. The sugar will melt and the rhubarb will release liquid forming a syrup. When the rhubarb is very soft and the syrup has thickened slightly turn off the heat.

2. In a medium bowl combine the remaining 1/2 cup sugar and the 2 egg yolks. With a hand mixer beat the yolks and sugar until smooth and ribbony. Add the chunks of cream cheese to the yolk mixture and beat until smooth.

3. In a second bowl add the whippingcream and beat to medium peaks. Carefully rinse the mixing blades of the mixer.

4. In a third bowl, use the hand mixer to beat the egg whites to stiff peaks.

5. Fold the yolks into the whipped cream. Fold in the whites.

6. Place the wine into a shallow bowl or plate and dip sets of 8 lady fingers into it. Place the ladyfingers into the bottom of a small loaf pan. Top with a 1/4 of the cream mixture followed by a 1/4 of the rhubarb. Repeat this step until all the lady fingers are used up.

7. Refrigerate for at least 30 minutes. Before serving sprinkle with the cinnamon and black pepper.

Harmony Valley Farm is a family owned farm in western Wisconsin, dedicated to producing high quality, beautifully clean, and deliciously fresh certified organic produce. Our farming methods protect the environment and enhance diversity.