**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 sweetner. Simmer over low heat covered, until the rhubarb is softened. Stir frequently. If you prefer a thinner sauce, add several tablespoons of water. Adjust sweetner and simmer and stir until throughly mixed. Enjoy over ice cream, cake or just as a dessert sauce on the side.

Serves 4

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**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 moscarpone 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

½ cup sugar

2 each egg yolks

½ cup sugar

4 ounces cream cheese or moscarpone, 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

¼ 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.

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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.

**P reparation and S toreage T ips**

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 ½ 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 ½ 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 whipping cream 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 ¼ of the cream mixture followed by a ¼ 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.