



# Local rhubarb

Availability:  
june to september

## Benefits

→ **Because it's full of surprises!**

We treat it like a fruit, but rhubarb is actually a vegetable, belonging to the same family as sorrel and buckwheat. It is packed with fibre and vitamins.

→ **Because it keeps well!**

Made into jam or marmelade, rhubarb can be enjoyed right away or frozen for future use in your recipes.



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Rhubarb salsa



PORTIONS: 12

30 MIN

### Ingredients

- 500 ml (2 cups) frozen rhubarb, thawed and finely chopped
- 2 green onions, coarsely chopped
- ½ small red onion, coarsely chopped
- ½ large yellow pepper, seeded and coarsely chopped
- ½ orange pepper, seeded and coarsely chopped
- 125 ml (½ cup) fresh coriander, chopped
- 2 large tomatoes, chopped
- 10 ml (2 tsp) white sugar
- Juice of 1 lime
- Salt and pepper to taste
- Hot sauce to taste (optional)

### Directions

- 1 Press the thawed rhubarb to remove excess water. Finely chop the rhubarb and transfer to a large bowl.
- 2 Coarsely chop the green onions, red onion, yellow and orange peppers, coriander and tomatoes. Transfer to the bowl with the rhubarb.
- 3 Dissolve the sugar in the lime juice, add to the bowl with the rhubarb and mix. Season with salt, pepper and hot sauce to taste.

Source: Inspired by [fiveveroses.ca/fr/ourrecipies](http://fiveveroses.ca/fr/ourrecipies)

## Cold oatmeal with rhubarb and strawberry jam



PORTIONS: 4

30 MIN 10 TO 15 MIN

### Ingredients

- 500 ml (2 cups) frozen rhubarb, thawed and chopped
- 500 ml (2 cups) fresh strawberries, chopped
- 30 to 45 ml (2 to 3 tbsp) maple syrup
- 500 ml (2 cups) large flake oats
- 500 ml (2 cups) enriched vanilla-flavoured soy milk
- 250 ml (1 cup) vanilla yogurt
- 60 ml (¼ cup) chia seeds

### Directions

- 1 Place the coarsely chopped thawed rhubarb and fresh strawberries in a large saucepan and add the maple syrup.
- 2 Bring to a boil, lower the heat and simmer for 10 to 15 min, until the rhubarb and strawberries turn into a purée. Remove from the stove and let cool.
- 3 In 4 small Mason jars, combine 125 ml (½ cup) oats, 125 ml (½ cup) soy milk, 60 ml (¼ cup) yogurt and 15 ml (1 tbsp) chia seeds.
- 4 In each pot, add 60 ml (¼ cup) of the jam to the top of the oat mixture. Refrigerate the left-over jam.
- 5 Close the Mason jars, let cool overnight and serve the next morning for a quick breakfast!

Source: Stephanie Tremblay, RD

### Tip!

- Rhubarb is a stringy fruit. Break the stalk in half and pull gently to remove the strings.

