



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
- 1/2 small red onion, coarsely chopped
- 1/2 large yellow pepper, seeded and coarsely chopped
- 1/2 orange pepper, seeded and coarsely chopped
- 125 ml (1/2 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 from allrecipes.com/recipe



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 (1/4 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 (1/2 cup) oats, 125 ml (1/2 cup) soy milk, 60 ml (1/4 cup) yogurt and 15 ml (1 tbsp) chia seeds.
4. In each pot, add 60 ml (1/4 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: Stéphanie Tremblay, RD



TIP!

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

