

Edmonton Journal, July 2, 2014

Question: Why are people so crazy about rhubarb?

Answer: Not only does rhubarb grow reliably in Alberta, it's also a useful, versatile ingredient in the kitchen. You can make countless dishes with it, or you can do what kids have been doing for ages: dip fresh stalks in sugar and chew on this simplest of sweet, tart treats.

Want to know more about rhubarb? Here's some practical information about rhubarb that might be of use if you're unfamiliar with this hearty staple of Alberta gardens.

- Storage: Rhubarb can keep for three days in the refrigerator un-chopped. Washed, chopped and frozen in freezer bags, it will keep for one year.
- Pairing: Rhubarb pairs well with strawberries, blueberries, raspberries, peaches and apples.
- Watch Out: The leaves of the rhubarb plant are toxic.
- Harvesting: They're one of the first plants ready to harvest in the spring, and they're great all summer
 long. You can harvest rhubarb all spring and summer, selecting the younger tender stalks as you go.
 However, once damaged by a heavy frost, it's best not to use the rhubarb plant for the remainder of
 the year.
- Versatile in the Kitchen: Rhubarb can be used in jam, scones, cakes, squares, crisps and pies and even Rhubarb Parfaits. If you need some ideas, our website has lots of rhubarb recipes.