

Recipe: Sweetly Stewed Rhubarb

Serving Size: 1/24 of recipe; Yield: 24 servings; Calories per Serving 108

Ingredients:

- 10 cups diced rhubarb
- 3 cups white sugar
- 1 teaspoon ground cinnamon



Instructions:

1. Place the rhubarb in a large pot and fill with enough water so that it is almost covered. Bring to a boil, then simmer over medium heat until starting to fall apart, about 20 minutes. Stir occasionally. Remove from the heat and stir in the sugar and cinnamon until the sugar has dissolved. Serve hot or cold.

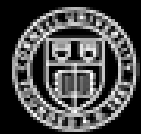
Source: www.allrecipes.com

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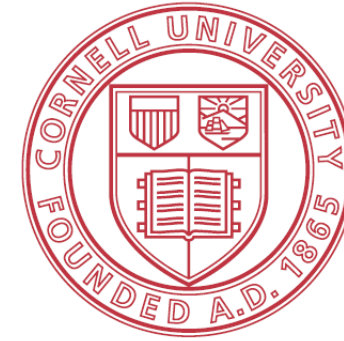
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2009

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Vegetable Growing Guide: Rhubarb

Cornell Cooperative Extension Clinton and Essex Counties

Rhubarb Facts



Recommended Varieties:

- Canada Red
- Crimson Red
- MacDonald
- Victoria

Rhubarb, only needs to be planted once; it is an easy-to-grow perennial that starts growing early each spring when temperatures rise to 40° F. The tart leaf stalks are great for pies and jams, especially when combined with strawberries. Plants have very large leaves that are especially attractive in spring and early summer.

How to Plant



Find a suitable permanent location for your long-lived perennial rhubarb plant, preferably in full sun with deep well-drained, fertile, soil, high in organic matter. If possible, establish the planting area and improve the soil season before planting. All rhubarb cultivars are hybrids and do not breed true from seed. Plant dormant crowns, as soon as you can work the soil in spring, 1 to 3 inches deep and 2 to 3 feet apart. You can cut crowns into pieces, but make sure each has at least one strong bud.

Pests and Diseases

Rhubarb is relatively trouble-free. Crown rot can be a problem in poorly drained soils. Avoid wetting foliage if possible. Water early in the day so aboveground plant parts will dry as quickly as possible. Avoid crowding plants. Space apart to allow air circulation. Eliminate weeds around plants and garden area to improve air circulation. Practice plant sanitation. When plants are not wet, carefully remove and destroy or discard affected plant parts. In autumn, rake and dispose of all fallen or diseased leaves and stalks.



Maintenance and Care



Remove flower stalks as they appear the first year to give strength to the developing plant. Do not harvest any leaf stems until plants are well-established the second year. Hard freezes in late spring can damage leaf stems. Growth slows and flower stalks form when temperature warm in summer. Removing flower stalks helps plants channel energy into leaf stalk production.

In cool regions, growth may

continue if you have adequate moisture and remove flower stalks. Growth may resume in fall – sometimes enough for a light harvest.

Harvest and Storage

Pull leaves with leaf stalks in spring when the leaf stalks are dark red in color, composting the leaves. To store, refrigerate fresh stalks for one week in a plastic bag or wrapped in a damp cloth. For longer storage freeze, either cooked or raw, in an airtight container. Stalks will soften when thawed.



Sources:

Information for the text was taken from Cornell University's Vegetable Growing Guides found on-line at <http://www.gardening.cornell.edu/homegardening/sceneb771.html>.

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.