

Nutrition

- Carbohydrate main energy nutrient, mainly sugar
- High water content; about 80-90%
- Low fat, little protein
- Indigestible dietary fiber or bulk
- Vitamin content varies; fruits usually A or C, low in Vitamin B
- Some minerals; dried fruits, strawberries, raspberries and blackberries have iron
- Strawberries are an important detergent fruit, helpful to dental health

Nutrient Content	1 cup raw strawberries	1 cup raw rhubarb	1/2 cup cooked, sweetened rhubarb
Calories	48	29	139
Carbohydrates	10.5 grams	7 grams	37.4 grams
Fiber	0.8 grams	1.0 grams	1.0 grams
Vitamin A	41 IU	147 IU	83 IU
Vitamin C	85 mg.	7 mg	4 mg
Potassium	247 mg	148 mg	115 mg
Calcium	21 mg	266 mg	174 mg
Iron	.57 mg	.39 mg	.25 mg

***Botanically, rhubarb is a vegetable, in use it's considered a fruit.**

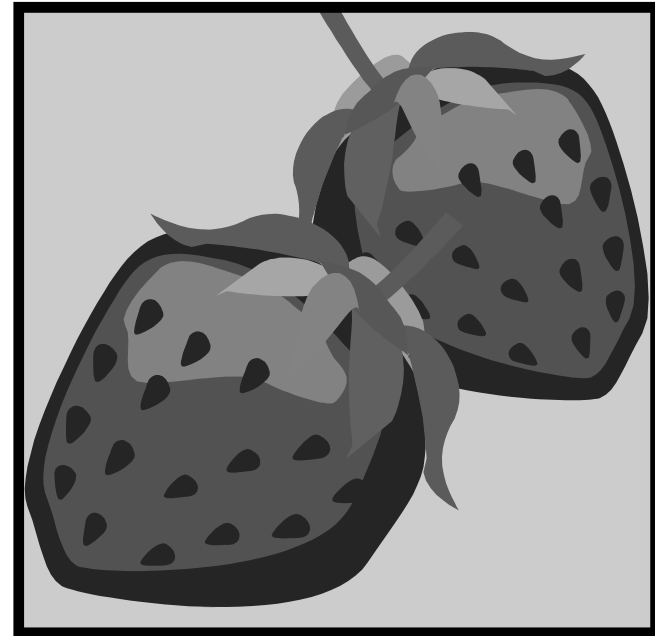
WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-232-7360.

In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Welcome Spring!

Strawberries And Rhubarb



Nutrition Education Program
Dunn County UW-Extension
800 Wilson Avenue, Room 330
Menomonie, WI 54751
(715) 232-1636

Family Living Programs*Cooperative Extension*University of Wisconsin-Extension

Strawberries

1. Choose firm, plump and full colored; natural and bright green caps. Pick early in the morning or later in day when fruit is cool. Sort and remove damaged or bruised berries.
2. Remove berries from container and arrange in single layer on cookie sheet and refrigerate-keep several days.
3. Best stored at 32 degrees.
4. Wash berries, removing caps before using.
5. Freezes well, in sugar, syrup or plain, serve barely defrosted.

Preserving

Freezing Strawberries:

- Without sugar: for later use in jam and other recipes- Put sliced or washed and dried berries in freezer container to 1/2" of top. Combine 1-quart cold water and 1-Tablespoon lemon or lime juice and pour over berries before freezing. Seal, label and date.
- In sugar syrup: Fill freezer containers with prepared berries to within 1/2" of top. Combine 4 cups (1 quart) cold water with 4 cups sugar. Stir to dissolve. Pour over berries. Seal, label and date.
- Dry Pack, sweetened: Toss together 3/4 cup sugar with 4 cups prepared berries. Let stand until juice forms and sugar is almost dissolved. Pack in freezer containers, leaving 1/2" headspace. Seal, label and date.

Uses for Strawberries

- On cereal, tarts and pies, in salads or milkshakes.
- As fruit or sauce, if soft, mash and cook briefly in simple syrup.
- Use as ice cream topping or as sauce on day-old cake.

Rhubarb

1. Field grown– rich, dark red color, very tart flavor.
2. Hothouse– light pink, string less, mild flavor.
3. Select fresh, firm, crisp, tender and good color, bright, glossy appearance. Younger stems are most tender and delicate in flavor. Avoid fibrous, wilted or flabby stems.
4. 1 pound = 3-5 pieces = 3/4 cup cooked
5. You can store fresh rhubarb stalks 2-4 weeks at 32 degrees.
6. Remove and discard leaves which contain oxalic acid, could be fatal, peel off any stringy coverings.
7. Chop and freeze, cook rhubarb without defrosting.

Preserving

Freezing Rhubarb:

- Dry Pack: Pack either raw or preheated rhubarb tightly into containers without sugar. Leave 1/2" headspace. Seal, label and date. Freeze.
- Syrup Pack: Pack either raw or preheated rhubarb tightly into containers; cover with cold 40% syrup. Leave 3/4"-1 1/2" headspace. Seal, label and date. Freeze.
(40% Syrup: 2 3/4 cups sugar plus 4 cups water = 5 1/3 cup)

General Tips and Background

- Rhubarb is easily overcooked. Use a very small amount of water and carefully, slow cook only until pieces are tender and partially broken up. This gives a desirable sauce.
- Rhubarb is a vegetable; it originated in Asia over 2000 years ago and was initially cultivated for medicinal qualities.

Uses for Rhubarb

In tarts and pies, as sauce or pudding. In punch, as jam or jelly. Baked or stewed: use as breakfast food, side dish or dessert.