

RHUBARB

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Health Benefits

Rhubarb is packed with vitamins and minerals:

- **Calcium:** One cup of rhubarb can contain about 105 mg of calcium. According to research, this can be about 10 percent of the recommended
- **Lutein:** Lutein is a great to keep your eyes and skin healthy. It also helps keep your organs healthy from the environment and pollutants. One cup contains 207 mcg of Lutein.
- **Vitamin K:** Vitamin K is a fat-soluble vitamin which helps prevent blood clots. One cup contains 35.7 mcg of vitamin K

Growing

- Begin with a site that gets plenty of sun and is well-drained
- Crowns should be planted in Spring as soon as the soil is workable
- This plant requires plenty of room so holes should be planted about a foot deep and 4 inches apart
- This plant does best in cold climates allowing it to be grown in the later season of Fall

Nutritional Facts

Nutrition Facts	
Serving Size 122 g	
Amount Per Serving	
Calories 26	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Vitamin C 16%
Calcium 10%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How to Prepare for Cooking



Rhubarb Pie Recipe

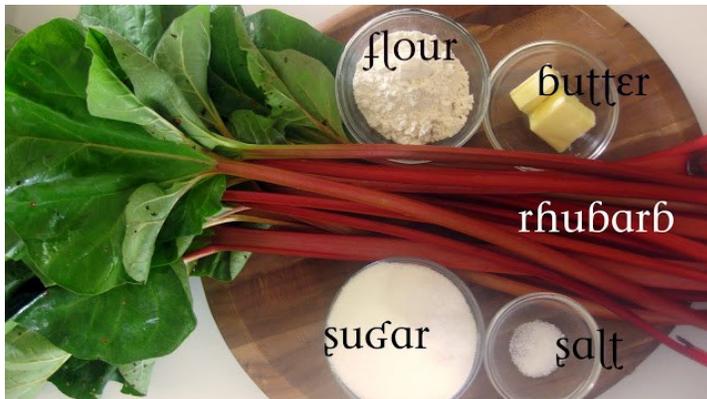


Step 1: Add all ingredients into a food processor and mix until it resembles wet sand. Add 5-10 tablespoons of ice cold water until it forms large clumps.

Separate the dough in to two equal portions on to plastic wrap and flatten them in to disks. Let them rest in the refrigerator for 30 minutes



Step 4: Roll the dough onto your rolling pin and gently drape the dough across the pie plate, and lightly press the dough so it fits snug in the dish. Trim off enough of the dough so there is an inch over hang.



Step 2: Trim 1 inch below the leaves and chop in to 1 inch pieces for thinner stalks and a half inch for the thicker ones. Add the flour, sugar and salt then toss. Set the mixture aside and roll out the bottom pie crust. Preheat your oven to 425



Step 5: Place the pie in a preheated 425 degree oven for 25-30 minutes. Remove and rotate the pie and reduce the heat to 350 degrees and let it bake for an additional 25-30 minutes or until the crust comes out nice and golden



Step 3: Roll the dough out so it is big enough to lay into a 9.5 inch pie dish.



Step 6: Enjoy the pie once it has cooled down from taking out of the oven.