

# JUNE 2018

## Rhubarb

Rhubarb is a seasonal delight right now, and has an unexpected host of health benefits; high in fibre, vitamins and minerals, including calcium, lutein, vitamin K and other antioxidants. British grown rhubarb is available to buy, or you may be given some free by a neighbour, or find some at the community fruit patches near the Bowls club. It's easy to grow too, with little maintenance, so why not put some in your own garden?! To harvest; twist and pull at a stem rather than cutting, to reduce the risk of disease to the plant, discarding the leaves as they are poisonous.

To cook, simply wash the stem and cut off any damaged bits. Chop into inch pieces and stew in a pan, with a tiny bit of water and a little sugar to taste. Soon the stems will release juice to aid cooking, and reduce to a pulp.

You can serve simply with custard, or make a crumble, perhaps adding some ginger, apple or strawberries to the fruit, and nuts or oats to the crumble topping. You could make it into a trifle, adding a dash of amaretto liqueur to the trifle sponges, topping with custard, cream and crushed ginger biscuits.

Here is a recipe for a delicious spicy rhubarb chutney, which is easy to spread on cheese sandwiches.

### **Ingredients:**

1kg chopped rhubarb

500g sugar (preferably brown)

500g sultanas

4 garlic cloves, crushed

1 finely chopped onion

1 tsp salt

Large piece of fresh ginger, skinned and chopped finely

500 ml cider vinegar

1/2 tsp cayenne or chilli pepper

Grated rind and juice of 1 lemon

**Method:**

Put all ingredients into a thick based pan

Boil until thick and dark brown, stirring continuously to prevent sticking.

Carefully put into sterilised jam jars, tightening the lid.