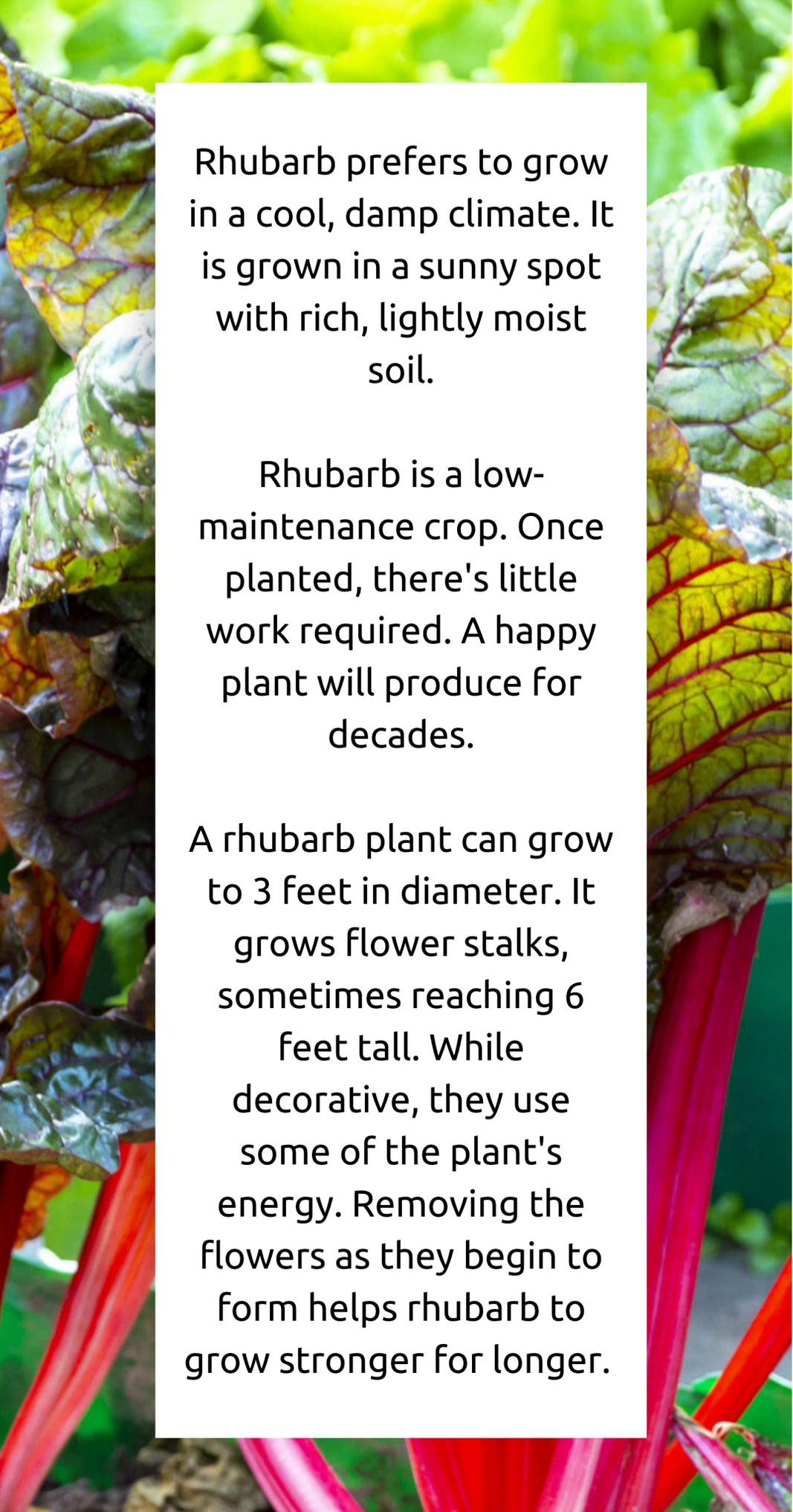


# Food for Health: Rhubarb

Roger's Berries - Brainerd, MN

Nutrient dense food is the foundation of a healthy diet. The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Rhubarb prefers to grow in a cool, damp climate. It is grown in a sunny spot with rich, lightly moist soil.

Rhubarb is a low-maintenance crop. Once planted, there's little work required. A happy plant will produce for decades.

A rhubarb plant can grow to 3 feet in diameter. It grows flower stalks, sometimes reaching 6 feet tall. While decorative, they use some of the plant's energy. Removing the flowers as they begin to form helps rhubarb to grow stronger for longer.

Healthy soils produce healthy crops that can provide higher levels of nourishment.

Maintaining healthy soil involves managing land sustainably. Roger and his wife Delores have cared and tended to their crops for the past 41 years they've owned their farm.

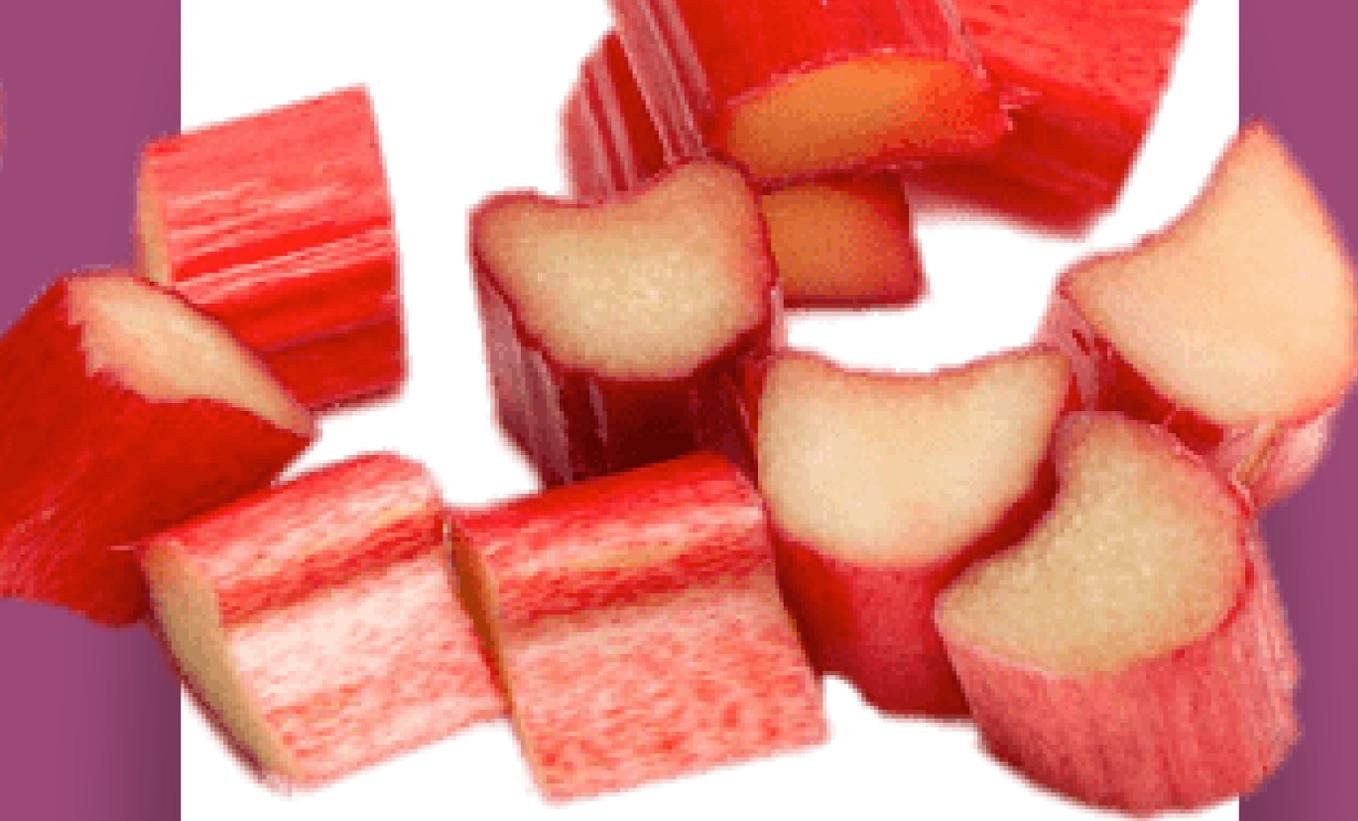
Eating locally-grown food is a way to support sustainable agriculture and human health.

“

Service to others, being able to see the fruits of our work, and the thankfulness of the people who received those fruits have always given us joy and peace even in challenging times.

- Roger's Berries

”



## Rhubarb Crisp

### Ingredients

- 8 cups rhubarb, cut into 3/4-inch pieces
- 3/4 cup maple syrup
- 1/4 cup whole wheat flour
- 1/2 teaspoon cinnamon
- 1 cup whole wheat flour (or a combination of unbleached and whole wheat)
- 3/4 cup maple syrup
- 1/2 cup rolled oats
- 1/2 cup melted butter (or sunflower oil for vegan version)

### Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Combine rhubarb, syrup, flour and cinnamon and put into 8" x 8" baking dish.
3. Combine flour, syrup, rolled oats and melted butter and sprinkle mixture over rhubarb.
4. Bake at 375 degrees for 35 minutes.

Optional: top with frozen yogurt or ice cream

Rhubarb is a great source of vitamin C, vitamin K, potassium, manganese, calcium, and fiber

These vitamins and minerals support a strong immune system and fiber can help with healthy digestion and lower cholesterol

