

## 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 in 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.



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# Welcome Spring!

## Strawberries & Rhubarb



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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>

# 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



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- 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.

## Strawberry Shortcake

*Per serving: 231 calories,  
35 g carbohydrate, 8 g fat*

- 3 cups sliced strawberries
- 2 tablespoons sugar
- 1 2/3 cups all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 3 tablespoons margarine
- 1 beaten egg
- 1/2 cup buttermilk or skim milk
- Nonstick spray coating
- Whipped cream or shipped frozen dessert topping



1. Combine strawberries and 2 tablespoons sugar. Cover and let stand in the refrigerator at least 1 hour.
2. In a mixing bowl stir together flour, 1 tablespoon sugar, baking powder and baking soda. Cut in margarine till mixture looks like coarse crumbs. Combine egg and buttermilk. Add to flour mixture all at once, stirring till combined.
3. Spray an 8-inch round baking pan with nonstick spray. With lightly floured hands, pat dough into pan. Bake in a 450 degree oven about 10 minutes. Remove from pan and cool completely, or serve shortcake warm.
4. Split shortcake into 2 layers. Place the bottom layer on a serving plate. Top with some of the berries, then add the second layer of shortcake.
5. Spoon dessert topping and the remaining strawberries on top of cake.

## Yogurt Strawberry Sips

*2 servings*

- 1 cup unflavored yogurt
- 1 cup strawberries sliced
- 1/4 cup packed brown sugar
- 1/4 teaspoon vanilla

Place all ingredients in blender container. Cover and blend on high speed until smooth, about 30 seconds.



## Strawberry Yogurt Pops

4 servings, 71 calories,  
14 g carbohydrates

1 cup low-fat strawberry yogurt  
6 large strawberries  
1 ice cube tray (or paper cups)

1. Cut strawberries into small pieces.
2. Mix fruit and yogurt
3. Divide into 8 ice cubes or 4 small paper cups and place in popsicle sticks (or cut paper straws)
4. Freeze
5. Enjoy as a frozen treat!

## Crunch Berry Parfait

2 servings, 198 calories,  
43g carbohydrates

½ cup yogurt, non-fat vanilla  
1 cup strawberries or blueberries, fresh or frozen thawed  
½ cup low-fat granola (or crunchy cereal)

1. Spoon yogurt into 2 bowls or glasses
2. Top with fruit and granola



Note:  
Can use  
fortified soy  
yogurt for  
those who  
can't have  
dairy.

## Broccoli Strawberry Orzo Salad

6 servings, 153 calories,  
18g carbohydrates

¾ cup orzo pasta, uncooked  
2 cups fresh broccoli, chopped  
2 cups fresh strawberries, diced  
¼ cup sunflower seeds

Lemon Poppy Seed Dressing:  
1 tablespoon lemon juice, fresh  
or bottled  
2 tablespoons apple cider  
vinegar  
2 tablespoons olive oil  
1 teaspoon sugar or honey  
1 teaspoon poppy seeds,  
optional

1. Cook orzo pasta according to directions. Drain and rinse with cold water
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper.
4. Chill in refrigerator until ready to serve.



# 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 = ¾ 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.



## 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 ¾ cups sugar plus 4 cups water  
= 5 1/3 cup syrup*

## 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.

## 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.

## Unbeatable Rhubarb Bars

24 servings, 93 calories,  
18g carbohydrates

### For filling:

1½ cups cut up rhubarb  
½ cup firmly packed brown sugar  
¼ cup water  
1 teaspoon lemon juice  
1 tablespoon cornstarch  
½ cup flaked or shredded coconut  
4 drops red food coloring, if using green rhubarb

1. Combine rhubarb, ½ cup brown sugar, water, and lemon juice in saucepan.
2. Cook over medium heat until tender, stirring frequently.
3. Add cornstarch and cook, stirring, until thick.
4. Cool

### For crumb base and topping:

½ cup sifted flour  
½ teaspoon salt (if desired)  
½ teaspoon baking soda  
½ cup firmly backed brown sugar  
1 cup uncooked oatmeal  
⅓ cup melted butter or margarine

1. Sift together flour, salt, and baking soda into bowl.
2. Stir in ½ cup brown sugar, oatmeal, and coconut.
3. Add butter or margarine, missing until mixture is crumbly.
4. Press half of crumb mixture into greased 8-inch-square pan.
5. Spread with filling
6. Cover with remaining crumb mixture, pressing lightly.
7. Bake in preheated oven at 350° for 25 to 30 minutes.
8. Cool and cut into bars.

## Rhubarb Custard Pie

12 servings, 227 calories,  
38 g carbohydrates



Pie pastry—store-bought or homemade

4 cups finely cut rhubarb  
1½ cups sugar  
2 eggs, beaten  
¼ teaspoon salt (if desired)  
2 tablespoons flour

1. Line a 9-inch pie pan with pastry.
2. Put in 4 cups finely cut rhubarb.
3. Mix together the flour, sugar, eggs, and salt.
4. Pour over the rhubarb.
5. Cover with a top crust and crimp edges
6. Bake at 425° for 10 minutes.
7. Lower temperature to 350° and bake 45 minutes more.

## Rhubarb Sauce

5 servings, 175 calories,  
44 g carbohydrates

4 cups of 1 inch pieces rhubarb  
¾ to 1 cup sugar  
½ cup water

1. Heat sugar and water to boiling, stirring occasionally, reduce heat.
2. Add rhubarb. Simmer uncovered until rhubarb is tender and slightly transparent, about 10 minutes.
3. Stir in a few drops red food color if desired.

## Rhubarb Pudding

6 servings, 92 calories,  
22g carbohydrates

1 quart rhubarb  
½ cup water  
½ cup flour or ¼ cup cornstarch  
⅓ cup sugar

1. Stew the rhubarb and water for 5 minutes and then strain
2. Mix together the flour or cornstarch and add to the stewed rhubarb.
3. Cook until thick and clear.
4. Pour into pudding dishes.
5. Sprinkle with sugar to keep the surface moist and free from skin.
6. Chill and serve with cream.

## Rhubarb Crunch

24 servings, 132 calories,  
27g carbohydrates

1 cup sifted flour  
¾ cup uncooked oatmeal  
1 cup brown sugar, firmly packed  
½ cup melted butter  
1 teaspoon cinnamon  
4 cups diced rhubarb  
1 cup sugar  
2 teaspoon cornstarch  
1 cup water  
1 teaspoon vanilla

1. Mix the flour, oatmeal, brown sugar, butter, and cinnamon until crumbly.
2. Press half of the mixture into a 9-inch square pan.
3. Cover the crumb mixture with the diced rhubarb.
4. In a saucepan, combine the sugar, cornstarch, water, and vanilla; cook until thick and clear.
5. Pour over rhubarb.
6. Top with remaining crumbs and bake at 350° for 45-60 minutes.
7. Serve warm

### Baking tip:

*Rhubarb's flavor blends well with other fruits and serves as a good extender. If you do not have quite enough berries for a pie or cobbler, for example, add a little rhubarb to make up the bulk. If the proportion of rhubarb is fairly small compared to the amount of berries used, the rhubarb will take on the flavor of the berries.*