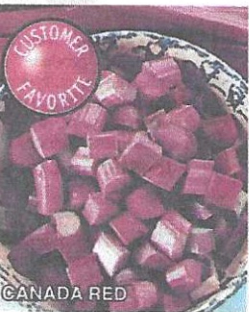


# Seedling Freshpazine

**rhū'barb, 1 rū'barb; 2 rŭ'barb, n.** 1. A hardy perennial herb cultivated for its edible acid stalks, used in cookery. 2. The root of an Oriental plant: a cathartic and an astringent.

## Rhubarb



Zones 3-8-Rhubarb, often called pieplant, is some of the earliest produce in the spring. It's delicious for sauces, pies, and baked goods.

# ARRR



Feeding Friendzine May 2021

We are connected now through this story. This culinary cosmic communion of words, images, and nourishing potential needs your voice. Your art. Your cooking grease soaked index card featuring the rhubarb bread recipe of generations' past. Your story behind that scar on your knuckle. Your secret to stunning entrees crafted on the fly. Your turn at the stove. You have our attention.

We are connected now through this story. We invite you to settle\* in for some ruminations on rhubarb. We hope you get a chance to bake a crisp, mix a drink, and lend your voice to the clarion call of the choir of Spring.

\*\*Direct fan mail/art/submissions to:

55404

#### Harvest Tips

Rhubarb needs a few years to establish before harvest. Pick mature stalks once they reach 7 to 15 inches in length. Twist and pull the stalk away from the plant gently, no need to cut (this method allows for more stalks to sprout. Gather 2/3 of plant at most. Cut off & discard leaves.

Ok, so this is the part where I attempt to explain why just mere inches to your left you are reading 'Feeding Friendzine May 2021' while most likely in June 2021 or ...gulp ...never? The simple explanation is there is no simple explanation. Everything is connected. I am both entirely at fault and at no fault at all. Here's how it goes- our trusty Epson 400 series or something printer called it quits after 10 years or whatever in the game. Our family held a quiet retirement ceremony for the old unit which included being reboxed in the empty one from the new printer with its last ink cartridge nestled nearby before taped up and taken to the very special Storage Shelf of Glory in the garage. What other items are enshrined here you ask? Only the most prestigious artifacts that have outlived their use in our house or otherwise have proven a choking hazard for a child or a cat can call the SSoG home. Also, the item needs to be impossible to recycle. This prerequisite 100% accounts for our Epson printer's cannonization to the hallowed shelf

Otherwise, I hope the new printer keeps up with our enterprise. I say 'our' because we have fan contributions including artwork and a question for the crowd. Direct any insights or inspirations back my way and I can post more Q & A's.

Also upgraded the clarity of my script using the old Smith-Corona instead of my scrawling cursive.

I daresay some of us were left puzzling over the last installment like Nick Cagg pouring over the

Declaration of Independence.

Not anymore! Now, just every other aspect of this project will remain unclear but the type impeccable.

Sure glad I saved this space on the page so I could check in two weeks after I first started. Thanks for hanging in there with me I hope to feature more co-authorship in the next one.

Share ideas  
freely



• Yes, its leaves have a high concentration of oxalic acid and can be toxic, but most references note that you'd have to eat a lot of rhubarb leaves, as in pounds, to cause a problem.

• Fresh rhubarb is easy to freeze. Just wash it, cut it into half-inch pieces and put it in freezer bags, leaving a good half-inch of space at the top. Thaw and drain before using.

### A FEW THINGS ABOUT RHUBARB

#### Accidental Rhubarb Syrup

I started a rhubarb sauce when I wanted syrup. A minor pivot saved the day.

- 4 cups rhubarb, chopped
- $\frac{1}{2}$  cup honey
- $1\frac{1}{2}$  cups sugar
- 2 cups water

Add rhubarb, honey & water to pot. Bring to simmer for 20 minutes, skimming foam. Strain solids out and return liquid to a clean pot with sugar. Return to simmer and reduce to syrup for 5 minutes. Cool. Bottle. Add to sparkling water on a hot day.

#### The Ol' Rhub

- 2 oz. Brandy
- 2  $\frac{1}{2}$  in. chunks rhubarb plus extra stalk
- 2 lime wedges
- $\frac{1}{2}$  oz. maple syrup
- bitters

Muddle rhubarb chunks, lime wedge, syrup, and 3-4 dashes bitters in rocks glass. Add ice and brandy. Stir and serve with rhubarb stalk and lime wedge garnish.

Sip as is or top off with Squirt soda. Indulge.

Despite its time-honored presence in desserts, and its common name of "pie plant," rhubarb is a vegetable. Its Latin name is *Rheum rhabarbarum*.

Rhubarb is low in carbohydrates and high in vitamins C and K, fiber and potassium. Rhubarb is also a rich source of antioxidant plant compounds.

### Blueberry-Rhubarb Cress

#### Filling:

- 2 tablespoons all-purpose flour
- $\frac{1}{3}$  cup granulated sugar
- 2 cups fresh rhubarb, cut into  $\frac{1}{2}$ -inch pieces
- 2 cups blueberries
- 1 teaspoon pure vanilla extract

#### Topping:

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup brown sugar
- $\frac{3}{4}$  cup cold butter, cut up
- $\frac{1}{3}$  cup shelled, natural pistachios, chopped

PREHEAT OVEN to 375°  
 Filling: mix flour and sugar in a bowl. Stir in rhubarb and blueberries until coated. Spoon mixture into a greased, shallow 2-quart baking dish. Drizzle top with vanilla.  
 Topping: Mix flour and sugars. Cut in butter until mixture resembles coarse meal. Stir in pistachios. Squeeze mix with hands and crumble over filling. Bake 45-50 minutes or until bubbly and top is crisp and golden. Refrigerate leftovers. Serves 8.

Very Good!





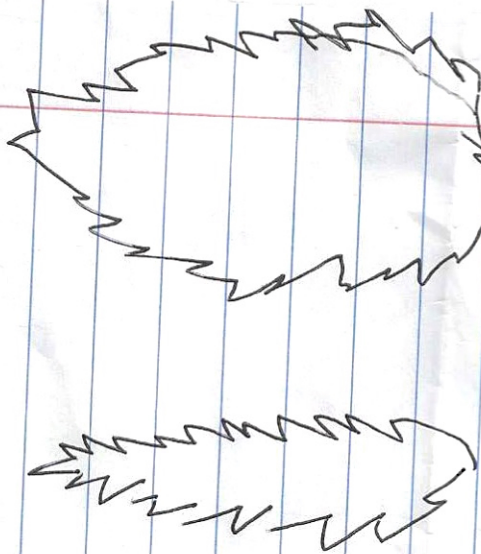
Dear Sir or Madame,

It was with great interest that I received your recent issue of Fans For Feeding Trevor; I of course had heard many prominent members of my circle (e.g. - Flugle, Surmpson, Norfabit, et al.) extolling its merits, so I cannot begin to describe the rapture with which I greeted my postman, after many previous fruitless deliveries, upon seeing him thrusting your missive triumphantly into the air above his head; I appreciated your reportage upon the common ramp, the breadth of which I was heartened to find incorporated matters botanical, sociological, olfactoral and, of course, culinary; in honor of this poem to the bounty of our mother Earth, please find enclosed a miniature portrait of Henry "Hank" David Thoreau; though his foraging bona fides are dubious at best, you may find some interest in contemplating his visage when next you find yourself jumping over Muir's proverbial back fence.

(See other side)

FAN  
ART

Dear Fans for feeding Trevor,  
I have been harvesting a lot of  
nettles for eating this year -  
but always the skinny,  
lighter leafed kind. Are  
the darker, wider leafed kind  
just as good (or better?)



wider

skinny



Fan  
Forum