



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Strawberry Rhubarb

8 cups rhubarb, chopped into segments that are 1 to 2 inches long

2 pounds *organic* strawberries, washed and quartered (fresh or frozen either is fine)

1 ½ cups organic unfiltered honey (may substitute agave or other vegan choice if desired)

Optional ingredients include:

3 to 4 tablespoons peeled and diced fresh organic ginger for spice and preservation

any berry or stone fruit that you would like, examples are raspberries, blackberries, peaches, cherries

2 ½ to 3 teaspoons of cinnamon

If you harvest your own rhubarb from your yard be sure to firmly grasp the lower end of each stem and firmly yank until it breaks. (I will add some growing tips, my most vigorous and longest living rhubarb plant gets direct morning sun and afternoon shade, I water moderately, and it flourishes. If you cut the rhubarb from the plant with a knife, it will stunt the growth of the plant and diminish future yield.) Be sure to remove all greenery and foliage since they are considered toxic, I do this outside on the back porch, so that the foliage never comes in the house. The leaves are fine to use as compost material or mulch around the base of the rhubarb plant. It is imperative not to ingest rhubarb foliage.

Thoroughly wash rhubarb stems since they may have clumps of dirt in their contoured areas. Chop these stems into pieces between one and 2 inches long and place in a large cooking pot with at least a gallon capacity. Add about 2 cups spring water or well purified water. Turn on the burner and begin to cook with moderate heat. If you wish to have the lid on your pan do so only for the first 3 to 5 minutes otherwise it will boil over. As a rhubarb and water are heating add your strawberries. Fresh strawberries need to be washed stemmed and quartered. Frozen strawberries can be cut in half or quarters before adding. If the frozen strawberries are too hard to safely cut just add them to the pot they will break down as they heat. If you are opting for cinnamon add it now, so that it has plenty of time to be distributed throughout the mixture. Add the honey (or other sweetener) and stir the mixture together. This is a perfect time to use up crystallized honey since there is no need to warm it and liquefy it first.



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This recipe is very forgiving, and these quantities are roughly calculated. The batch I have described yielded just over 1 gallon of processed strawberry rhubarb mixture. You can adjust this recipe to match the quantity of rhubarb you have available. The honey acts as a preservative and when simply packed in room temperature canning jars, then cooled and placed in the refrigerator, this mixture will typically last a few months. To further ensure longevity of your prepared rhubarb you can add 3 to 4 tablespoons of peeled and diced fresh ginger, which acts as a great fruit preservative. Be sure to add the ginger early in the cooking stage and stir the mixture every few minutes to thoroughly mix the ingredients.

Cook the mixture for approximately 30 minutes. When the rhubarb is blanched several shades lighter than it was in its raw state and the strawberries have largely disintegrated, the cooking process is complete. Be sure to stir with a large spoon every few minutes and observe the foam developing, which is fine, but stir it back into the mixture. If you step away as the foam is rising it *may* boil over. If you have a lid on the pot at this point, I will *guarantee* that it *will* boil over and you will have a sticky mess all over your stove.

Of course, you can home can this mixture and preserve for long-term storage outside the refrigerator. Be sure to accurately follow all steps for home canning, the [Ball Blue Book](#) by Ball is a great reference resource. You can also freeze some of your rhubarb bounty in jars if you leave approximately 1 ½ inches of airspace between the top of the jar and the mixture prior to freezing, since the mixture will expand and could crack your jar.

Here is some serving suggestions:

Serve as a side dish at any meal, or for dessert. Add to hot cooked oatmeal, or grains or seeds (hopefully gluten-free) such as millet, quinoa, brown rice, or wild rice. As a desert, some may wish to add high quality organic ice cream, Kiefer, or yogurt, or suitable vegan alternative. And of course, many people like to eat their rhubarb as rhubarb pie.