

Food for Thought

We know spring has arrived in the northwest when the bright red and green buds of rhubarb start breaking through the soil. This cool weather plant is especially appreciated by winter-weary gardeners because it's one of the first edibles to appear in the spring garden. In the kitchen, it adds a zippy signature to pies and tarts that only rhubarb can do. When combined with strawberries, raspberries, apples, and other fruits, the flavor only gets better. Adding diced rhubarb to muffins and biscuit recipes makes them sing with flavor without making the batter runny. Rhubarb, like apples, hold moisture well in recipes. Here, for your culinary enjoyment, are a few wonderful rhubarb recipes.

RHUBARB CAKE

3/4 cup margarine 2 cups sugar 1 egg 1 cup buttermilk
1 tsp. vanilla 1 tsp. baking soda 1/4 tsp. salt 1 tsp. cinnamon
1 tsp. nutmeg 2-1/2 cups flour 2-1/2 cups rhubarb, chopped

Topping:

1/3 cup brown sugar 1/3 cup chopped walnuts or pecans
1 tsp. cinnamon

Heat oven to 350 degrees. Cream together all cake ingredients and pour into a greased and floured 9"x13" pan. Combine topping ingredients and sprinkle over the top of the batter. Bake for 45 minutes or until a toothpick inserted comes out clean.

RHUBARB SPONGE PIE

1 unbaked pie shell 3 cups rhubarb, chopped 1 cup sugar
1-1/2 tsp. tapioca 2 tsp. grated orange rind 1 egg
1/3 cup sugar 1/2 cup flour 1 tsp. baking powder 1/8 tsp. salt
2 Tbls. orange juice

Heat oven to 375 degrees. Mix rhubarb, 1 cup sugar, tapioca and orange rind. Pour into the pie shell. In a small bowl, beat together eggs and 1/3 cup sugar for 2 minutes. Add remaining ingredients and beat one more minute. Pour over rhubarb mixture in pie crust. Bake for 40 minutes or until rhubarb is tender and the batter is cooked.

EASY RHUBARB JAM

5-1/2 cups rhubarb, finely diced 3-1/2 cups sugar
1 (3 oz.) package strawberry gelatin

Mix rhubarb and sugar, allow to sit overnight. The next morning, boil the mixture for 15 minutes, stirring constantly. Remove from heat. Add gelatin and mix until it's dissolved. Pour into sterilized jars. Cool, and keep in refrigerator.

RHUBARB BREAD

1-1/2 cups brown sugar 2/3 cup oil 1 egg 1 cup
buttermilk 1 tsp. baking soda 1 tsp. vanilla
2-1/2 cups flour 1-1/2 cups finely diced rhubarb
1/2 cup chopped pecans or walnuts

Heat oven to 325 degrees. Stir together in order given. Pour into 2 greased and floured loaf pans. Bake 40 to 60 minutes or until an inserted toothpick comes out clean.

RHUBARB COBLER

1 cup flour 2 Tbls. butter 1 egg, beaten
1 tsp. baking powder 1/2 tsp. salt 2 Tbls. milk
3 cups rhubarb, chopped 3 oz. pkg. strawberry gelatin
1/2 cup flour 1 cup sugar 1/2 stick butter

Heat oven to 350 degrees. Cut 2 tbl. butter into the flour until crumbly. Add eggs, milk, baking powder and salt. Make a soft dough and press into an 8"x8" pan. Press dough up the sides of the pan. Place rhubarb evenly in the bottom of the pan and sprinkle with the dry strawberry gelatin. In a bowl, mix together the flour, sugar and 1/2 stick butter to make a topping. Sprinkle over the gelatin. Bake 30-35 minutes or until rhubarb is tender.

SPRINGTIME SALAD

2-1/2 cups rhubarb (cut into 1-inch pieces) 1/2 cup water
1 cup sugar 1 Tbls. lemon juice

6-oz. pkg. raspberry gelatin 1/2 cup boiling water
2 cups celery, chopped 1 cup chopped walnuts

In a medium saucepan, boil rhubarb in 1/2 cup water until tender. Add sugar to dissolve. Add lemon juice and chill. In a large bowl, dissolve gelatin with boiling water and cool. Blend all ingredients together and chill.

RHUBARB COOLER

1 cup rhubarb, cut up 1 cup water 3/4 cup sugar
1 (6 oz.) can frozen pink lemonade 16 oz. lemon-lime soda

Cook all ingredients except soda. Strain and chill. Just before serving, add lemon-lime soda. Recipe can be tripled for a large crowd.

RHUBARB COOKIES

3/4 cup sugar 1/3 cup oil 1 egg, beaten 1 tsp. vanilla
1 cup rhubarb, cooked, unsweetened 1/4 tsp. cinnamon 1-1/3 cups flour
1/4 tsp. salt 2 cups oatmeal (not instant) 1/2 tsp. soda
1/2 tsp. baking powder 1/2 cup chopped walnuts

Heat oven to 375 degrees. Mix sugar and oil together. Add egg, vanilla, rhubarb and oatmeal. Sift soda and baking powder together and add to first mixture. Stir in walnuts. Drop from teaspoon onto cookie sheet. Bake for 15 min. or until golden brown.

RHUBARB MUFFINS

1-1/2 cups brown sugar 2/3 cup oil 1 egg 1 cup buttermilk
1 tsp. salt 1 tsp. baking soda 1 tsp. vanilla 2-1/2 cups flour
1-1/2 cups diced rhubarb, diced 1/2 cup chopped nuts

Topping

1/2 cup chopped nuts 1/3 cup sugar 1-1/2 tsp. flour 1 Tbls. melted butter

Heat oven to 400 degrees. Fill paper-lined muffin tins 2/3 full, or pour batter into 9"x13" cake pan. Combine topping ingredients and sprinkle over unbaked muffins. Bake for 20 to 25 minutes. Makes 24 muffins.

RHUBARB NUTRITION FACTS

One cup of diced rhubarb contains Vitamin C (10 mg), Folate (8.5 mcg), Calcium (105 mg), Magnesium (14.5 mg), Phosphorus (17 mg), Potassium (351 mg). The roots and leaves of rhubarb are toxic to humans. Eat only the leaf stalks.



Church Directory

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street, Vernonia
503 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

SEVENTH DAY ADVENTIST

John Aitken II, Pastor, 396-1856
2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 9:15 a.m.
Bible Study 10:30 a.m.

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue, Vernonia
503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Friday Adult Volleyball 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841

Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets, Vernonia
503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street, Vernonia
503 429-6522

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 7:00 p.m.