Wish your child would eat more vegetables? Wish you would eat more vegetables? Children that grow vegetables eat more vegetables than those who don’t! Some easy vegetables to grow with your child are peas, beans, radishes, and lettuce.

One of the easiest vegetables to grow is rhubarb. That’s right! Rhubarb is a vegetable. Being a native of Siberia might be why it’s easy to grow in Nebraska. I remember as a kid, pulling and nibbling on the tiniest super-sour red stalks, a taste similar to today’s sour gummy candy if you dip it in some sugar.

To start rhubarb in your garden, go to a nursery or ask an acquaintance who has a rhubarb plant for part of a root. You will want to bury in a place that doesn’t get tilled or spaded each year. Once the rhubarb plant is established it will return on its own every spring. Let your child help dig the hole and plant the rhubarb so they feel some ownership. Water when planting and throughout the growing season as needed.

Children will enjoy harvesting this early ripening vegetable. When the stalks are pink and about the size of your finger pull the stalk from the ground. It will break about an inch below the ground surface. Cut off the large leaves and any blemishes. Older children might enjoy using the leaves for a hat or a water pool for small toys. Just be sure to remind them not to eat the leaves; they can be toxic! Stalks are for eating and leaves are for play (or composting).

Rhubarb is nutritious. 
½ cup provides:

- 20% of a young child’s daily Vitamin C needed (5 mg)
- 57 grams water
- 1.1 gram fiber (5%)
- 52 mg calcium (5%)
- 7 mg magnesium (5%)
- 175 mg potassium (5%)
1. Press an unbaked pie crust into a pie plate crimping the edges.
2. Coat rhubarb pieces with the dry ingredients.
3. Add eggs, vanilla and yogurt. Stir till mixed well.
4. Fill the unbaked pie crust with the rhubarb mixture.
5. Cover the crust edges with foil to prevent over browning. Bake 20 minutes at 400°.
6. Reduce temperature to 325° and bake 40 minutes more or until done.
7. Let cool completely and refrigerate.
*Substitute a 3 ounce package of strawberry gelatin for part of the sugar or use strawberries for 1-2 cups of the rhubarb.

**Sources:**