



May 29, 2013

Last summer a newspaper article in one of the Twin Cities newspapers mentioned Kathy Zeman's Rhubarb Fruit Roll-ups and how delicious they were. Every Saturday after that Kathy had a nice problem -- the demand exceeded her supply. Her roll-ups continue to be a favorite of visitors to Riverwalk Market Fair. Besides offering the recipe at her booth and giving cooks tips on how to make them, Kathy gave Riverwalk Market Fair permission to share her recipe. Enjoy!

Kathy Zeman's Famous Rhubarb Fruit Roll-Ups

(Adapted from *Food Drying With An Attitude* by Mary T. Bell, Lanesboro, Minn.)

3 cups organic fresh rhubarb, cut in 1-inch pieces

3 cups boiling water

¼ to ½ cup organic sugar

3 organic strawberries, fresh or frozen

1 T strawberry gelatin (vegan & gluten free, available at Just Food Co-op)

1/8 to 1/2 tsp organic ginger

Place rhubarb in a stainless steel pot and cover with boiling water. Let it sit at least 1 hour, until rhubarb changes color. This blanching helps eliminate some of the acidity, so less sweetener is needed. It also softens the texture, which makes it easier to puree.

Drain off the water. Puree rhubarb in a blender in small batches to avoid overtaxing the blender (or use a food immersion wand). It may be necessary to add a little water or juice to get the rhubarb to blend. Add the remaining 4 ingredients and puree until smooth. Spread puree evenly on a lightly oiled leather sheet. Dry at 110 to 135 degrees. Dry until the leather peels off easily without any wet or sticky spots.

Kathy Zeman
Simple Harvest Farm Organics
(507) 664-9446 kzeman@kmwb.net
www.simpleharvestfarm.com