

Nutritional Power

While learning to eat Raising world shapers

When

Rhubarb is a classic **spring** vegetable and although strawberries can also be classified as a spring fruit, they are more likely to be found in **late spring and throughout the summer**.

That's why they should be eaten during these seasons!



PREFER ORGANIC STRAWBERRIES

Why

Organically grown strawberries are usually **sweeter** and **more aromatic**. They are also **more nutritious** (**no pesticides**) and are **better for the soil and the environment**.

SOME NUTRIENTS

Both strawberries and rhubarb are great sources of **antioxidants**. **Strawberries** contain **considerable of Vitamin C** and **manganese** and **rhubarb** contains high amounts of **vitamin K** and **A**.

HOW TO EAT THESE TWO SPRING FOODS

How

Strawberry is usually consumed **raw** and **fresh**, but they are very **versatile** and can be used in jams, jellies, desserts, smoothies or salads.

Due to its sour taste, **rhubarb** is not usually eaten raw. This vegetable is often used to make jams, but also baked into pies or used for sauces.

Rhubarb was traditionally used mainly for medicinal rather than culinary purposes.

Why is vitamin C necessary?



- It controls infections.
- It regulates wounds healing.
- It is a powerful antioxidant.
- It is needed to make collagen.
- It is involved in numerous metabolic reactions in the body.
- It helps make several hormones and chemical messengers used in the brain and nerves.

Why is vitamin A necessary?



- It prevents the development of night blindness.
- It boosts and helps with the proper function of the immune system.
- It is essential for maintaining healthy reproductive health.
- It plays an important role in skin cell production.
- It supports the growth of different membranes and tissues in the body.