

ALL ABOUT RHUBARB



WHERE DOES RHUBARB GROW?

Rhubarb grows in gardens and farms, especially in cooler climates. It grows from a plant that comes back every year, called a perennial.



HEALTH BENEFITS

Rhubarb contains vitamin K and manganese, and also contains fiber and some calcium.

Nutrition Facts	
Portion Size	122 g
Amount Per Portion	
Calories	26
% Daily Value *	
Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
Sodium 4.9mg	0 %
Total Carbohydrate 5.5g	2 %
Dietary Fiber 2.2g	8 %
Sugar 1.3g	
Protein 1.1g	2 %
Vitamin D 0mcg	0 %
Calcium 105mg	8 %
Iron 0.3mg	2 %
Potassium 351mg	7 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

WHAT IS RHUBARB?

Rhubarb is a vegetable, but people often use it like a fruit in cooking. It has thick, colorful stalks that are usually red, pink, or green.

FUN FACTS

- Rhubarb is very sour! That's why people usually add sugar or mix it with sweet fruits like strawberries.
- Only eat the stalks! The leaves of rhubarb are **poisonous** and should never be eaten.
- It's one of the first plants to grow in spring.
- Rhubarb has been used for thousands of years in food and medicine.
- Rhubarb is sometimes called the "pie plant" because it's so good in pies.
- The bright red color doesn't mean it's sweeter! Green and red stalks taste similar.

RHUBARB IN SOUTH DAKOTA

South Dakota's climate works well for growing rhubarb. It likes loose soil and cool weather. It is often ready in the Spring. Leola, SD has a U-Pick it farm for rhubarb. They even hold a rhubarb festival annually in June.



TRY IT!

- Pies: Rhubarb pie is a famous dessert.
- Jams: Mix rhubarb with strawberries to make a tasty jam.
- Crisps and Crumbles: Bake rhubarb with a crunchy topping.



yum!

