

RHUBARB TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on rhubarb. Here is some information on rhubarb.

What Is Rhubarb?

Rhubarb is a vegetable, though it's often used like a fruit in cooking. It has thick, colorful stalks—usually red, pink, or green. **Read trivia for the week.**

Where & How Rhubarb Grows

Rhubarb grows well in gardens and farms, especially in cooler climates. It's a perennial, meaning it grows back every year. **Read trivia for the week.**

Health Benefits of Rhubarb

Rhubarb is rich in vitamin K and manganese. It contains fiber and a small amount of calcium. **Read trivia for the week.**

Fun Rhubarb Facts

Rhubarb is very sour, so it's often sweetened or mixed with fruits like strawberries. Only the stalks are safe to eat—leaves are poisonous! It is one of the first plants to grow in spring. Rhubarb has been used for thousands of years in food and medicine.

Rhubarb is often called the “pie plant” because it's commonly used in desserts. **Read trivia for the week.**

Rhubarb in South Dakota

South Dakota's cool climate and loose soil are perfect for rhubarb. Rhubarb is ready to harvest in the spring. Gettysburg, SD has a u-pick rhubarb farm and even hosts a rhubarb festival! **Read trivia for the week.**



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

