## OREGON RHUBARB

Europeans first began growing rhubarb as a food source in the 1700s.



Rhubarb can be eaten in both sweet and savory dishes. Stewed rhubarb can be paired with meats or desserts!

- ~ Rhubarb is a good source of potassium and calcium which help bones stay strong.
- ~ Rhubarb contains fiber, which can help with digestion and protect against heart disease.



While rhubarb stalks are good to eat, rhubarb leaves are toxic! Make sure to strip off the leaves before storing or eating rhubarb.



There are two main varieties of rhubarb: hothouse-grown which has pink or red stalks and field-grown which has dark red stalks. Rhubarb stalks can also be green.



Botanically, rhubarb is a vegetable, but it is most often used like a fruit in pies and sauces.





This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.