

# OREGON RHUBARB

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

Rhubarb is a perennial plant, which means it grows back year after year.



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

#### NUTRIENTS FOUND IN RHUBARB

- ~ Rhubarb is a good source of vitamin C, which helps with immune support and healing.
- ~ 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.

