



## Harvest of the Summer

# RHUBARB

### Nutrition Information

- Excellent source of vitamins C and K.
- Good source of essential minerals such as potassium, calcium, and manganese.
- High in fiber.

### Selection and Storage

- For tender stalks, choose medium-sized firm, flat stalks that are not curled or limp.
- The deeper the red, the more flavorful the stalks.
- Rhubarb leaves are toxic! Make sure to strip off the leaves before storing or eating rhubarb.
- If washed thoroughly and placed in a resealable plastic bag, you can store it in the refrigerator for up to two weeks.
- If freezing your rhubarb, trim and boil for 1 minute to help retain flavor. Seal it in a container and freeze.

### Fun Facts

- One of the earliest spring crops in Washington.
- Originated in Central Asia and Siberia.
- Europeans began growing rhubarb as a food source in the 1700s.
- Rhubarb is a relative of buckwheat and Swiss chard.
- It is a large, leafy-green plant with thick, celery-like stalks that range in color from all red, pink, to green.
- While considered a vegetable, it is often credited as a fruit.
- Extremely tart on its own and requires sweetening to balance out the acidity.
- Also known as the "pie plant" because of its primary use in pies.



## Recipes

- [Rhubarb Blueberry Crisp – Food Hero/ Oregon Harvest for Schools](#)
- [Rad Rhubarb Sauce - National CACFP Association](#)

While there aren't many credible recipes available that incorporate rhubarb, it is great in grain-based deserts, jams, sauces, chutneys, and more. You can craft or modify your own rhubarb recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).



## Educational Resources

- [Rhubarb – Classroom Connections– Oregon Harvest for Schools](#)
- [WSDA Washington Harvest - Rhubarb Poster](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their [Rhubarb Basics Information Sheet \(Spanish\)](#) and [Rhubarb Coloring Sheet \(Spanish\)](#)
- [WSU Extension – Growing Rhubarb in Home Gardens](#)
- [Freezing Rhubarb Video Demonstration – University of Maine](#)

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**