

# Rhubarb

Only the stalks of the rhubarb can be safely eaten, they have a rich, tart flavor when cooked. Rhubarb leaves (cooked or raw) contain toxins that are poisonous and should not be eaten. Many varieties differ in stalk color, size, and flavor. Colors can range from red to green.

[food.unl.edu](http://food.unl.edu)



## Why Should I Eat This?

Rhubarb is an excellent source of vitamin C and K, fiber, and potassium and is low in calories and carbohydrates.

## Proper Storage

Remove leaves and discard. Wash the stalks, wrap in a damp towel and place in a plastic bag. Store in the refrigerator for up to two weeks.

## Make a Good Selection

Select rhubarb that are firm and flat. Avoid stalks with split ends or discolored spots.

## How Could I Use This?

- Top chicken with a rhubarb chutney
- Use rhubarb to make jam
- Use in desserts such as pies, cobblers, crisps, tarts, and muffins
- Make a sauce to top ice cream
- Add mashed rhubarb or rhubarb syrup to drinks

## What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST				✓	✓	✓						
MARKET					✓	✓						



This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). Copyright ©2023