

Rhubarb

Nebraska Seasonal Produce Guide

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. Varieties differ in stalk color, size, and flavor. Colors can range from red to green.



Why Should I Eat This?

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



Proper Storage

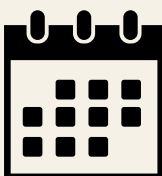
Remove leaves and discard. Wash the stalks, wrap in a damp towel and place in a plastic bag. Store in the refrigerator for up to two weeks.

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

Make a Good Selection

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



Seasonal Availability in Nebraska

Harvest Season: April through June

Market Availability: May through June



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026