



RHUBARB

History/Origin

- ☆ Rhubarb is a ***VERY OLD plant.***
- ☆ Edible rhubarb originally came from ***Mongolia or Siberia.***
- ☆ It was used first as a medicine over ***4500 years*** ago in China.
- ☆ ***Ben Franklin*** brought seeds to the United States in 1772.
- ☆ It gained popularity in the 1800s when it was used for ***pastries and pie fillings.***





Botanical

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- ★ Botanically speaking, rhubarb is a **vegetable**, however in **1947**, the U.S. customs in Buffalo ruled that it should be a **fruit** because of the way it is served ~ mostly in pies.
- ★ Rhubarb is a perennial (grows year after year) that produces long, celery-like leaf stalks from a base.
- ★ Stalks can be **red**, **speckled pink**, or **simply green**.
- ★ **Never eat rhubarb leaves**, cooked or raw! They can be poisonous because they contain the toxin oxalate.





Nutrition

- ☆ Rhubarb is an **EXCELLENT** source of calcium, fiber and Vitamin C.
- ☆ It is low in saturated fat and has no cholesterol.
- ☆ Fresh rhubarb may have a positive effect on **lowering blood pressure** and can be beneficial for those suffering from high cholesterol.
- ☆ Rhubarb has been found to have
 - ♥ **anti-oxidant**,
 - ♥ **anti-inflammatory**, and
 - ♥ **anti-allergy** properties.





Fun Facts

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- ☆ The word rhubarb comes from the Latin word "rhababarum" which means "*root of the barbarians.*"
- ☆ Rhubarb is *nicknamed "pieplant"* due to its popularity in pies, but it also works well in savory dishes.
- ☆ The Quakers called it the "*Persian Apple*" because they thought it was an exotic fruit from somewhere in Asia.
- ☆ Since *harvesting is done by hand*, it can be time consuming and costly.

