

Rhubarb

Look:

Rhubarb stalks average 20 to 40 centimeters long, and range in color from light pink to ruby red, or even shades of yellow or green.

Taste:

Rhubarb is the edible stalk portion of the rhubarb plant. The flavor is tart and astringent, it is often cooked down with sugar to make it taste sweeter.

Touch:

Rhubarb is comparable to that of celery, they have ridges and are stringy like a celery stalk.



Color matters! The color of the stalk determines the taste. The darker the red stalk, the sweeter the rhubarb!

Did you know?

The leaves of the rhubarb plant are poisonous to humans because they contain high levels of oxalic acid.



Nutritionals

