


# Harvest of the Month



Rhubarb



## FUN FACTS:

Rhubarb is botanically a vegetable although many think of it as a fruit because it is commonly used as an ingredient in pies. This is where it got its nickname the “pie plant.”

Rhubarb stalks look like celery stalks and have a sour taste. The color of the stalk determines the sweetness. Stalks that have an intense red color are sweeter.

Rhubarb is an excellent source of calcium, fiber and vitamins C and K.

Do not eat the leaves as they are toxic to humans.



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