

Rhubarb

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Rhubarb is used as a laxative and prevents diabetes

GEEK TALK

Rheum rhabarbarum

BUT WE TALK

Pie Plant

DID YOU KNOW?

A vegetable that has proven to have many uses, Rhubarb is known for its great flavor and health benefits. While the United States says that Rhubarb is a fruit, everywhere else it is considered to be a vegetable.

It grows in warm weather climates and can be found pretty much all year round. It has a somewhat tart flavor that turns to sweet when it is cooked.

This sweet flavor is perhaps most known in the always delicious Rhubarb pie. Rhubarb has a dark red stalk, which is typically the eaten part, with edible green leaves.

KITCHEN PHARMACY

- Rhubarb has been used for thousands of years medically especially in ancient China.
- It has been used as a laxative for numerous years and today it is believed to help prevent diabetes as well as support a strong and healthy immune system.

