



**Cultivars for
Central Illinois:**

Crimson Red,
Canada Red, Ruby

Rhubarb

Produced by:



— THE LAND —
CONNECTION

Is it Native?:

Native to Asia. Cultivars are available that produce consistently though the growing season.

Pollination:

No pollination needs.

Needs:

Full sun to light shade. Thrives in well-drained, slightly acidic soils.

Spacing:

Plant root divisions 2-4 inches deep and 24-36 inches apart. Allow at least 36 inches between rows.

Harvest:

Heavy harvest can begin 3 years after planting. Harvest stalks only, as leaves are poisonous. Harvest for 8-10 weeks starting in early summer.

How to Store:

Rhubarb tends to dry out when stored for long periods in refrigeration. Wrap cut ends in a moist paper towel to extend storage. To freeze: Rinse and dry rhubarb stalks. Cut into 1-inch pieces and arrange in a single layer on a baking sheet. Freeze until solid, 3-4 hours. Transfer to an airtight container.

How to Eat:

Tart rhubarb shines in pies and other desserts with sweet fruits, but can also enhance savory dishes. Roasted rhubarb pairs especially well with chicken, turkey, and pork. Consider adding rhubarb puree to hot sauces, cornbreads, and herbal cocktails.

Nutrition:

Rhubarb is a colorful and flavorful, yet under-appreciated, vegetable. The edible part of the rhubarb plant (the stalk) contains anthocyanins, which acts as an antioxidant and creates its bright red color. Rhubarb is also a great source of vitamin K1, which is important for blood clotting and bone health.

This card was produced in part by Kaitie Adams, community agroforester.

Learn more at www.thelandconnection.org/local_foods



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