

Rhubarb

(*Rheum rhabarbarum*)

Recommended Varieties

Cherry (red stalks)

Victoria (green stalks with red shading)

Rhubarb grows well along the coast and in cool sections of the Central Valley. Start plants in the winter or very early in the spring. It is common to grow rhubarb from pieces of an old plant (crown) or rootstock; be sure each piece has at least one good, strong bud. Fertilize the plants once a year just before the cutting season. The plants grow vigorously into early summer when they become dormant until the winter rains come. During the first growing season, few, if any, stalks will be ready for harvest. After that time, the plant can produce for many years. Divide the plants and replant the new rootstocks periodically.

Nutritional Value

Serving size:	1 cup, diced, raw	<u>Primary Nutrients</u>	<u>%RDA(m/f)</u>
Calories	29	Calcium	266 mg
Fat	0.2 g	Vitamin C	7 mg
Calories from fat	6%		
Cholesterol	0		
Sodium	5 mg		
Protein	0.8 g		
Carbohydrate	7.0 g		
		Potassium	148 mg
			<u>% Min. Requirement</u>
			7.4

Problem Diagnosis for Rhubarb

See General Problem Diagnosis for Vegetables (Table 5) for general techniques to recognize and manage common problems associated with rhubarb, such as aphids, flea beetles, and leafhoppers.