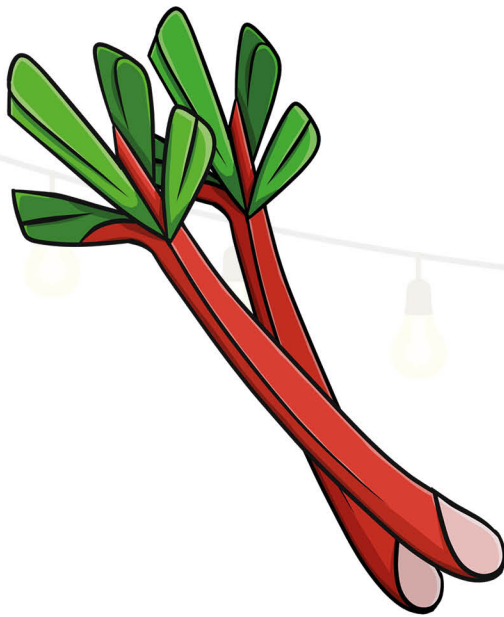


# FOOD FESTIVAL

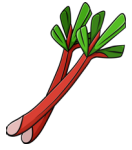
By Aspens

April



Rhubarb

# Rhubarb



**Fact  
1**

Rhubarb is available from April to July.

Rhubarb looks like dark red celery and the stalks are the only edible part of the plant.



**Fact  
2**

**Fact  
3**

Rhubarb is an excellent source of vitamin K, which is an essential vitamin for bone health .



Rhubarb plants are perennial, which means that they grow again each year.



**Fact  
4**

**Fact  
5**

Rhubarb is cooked with sugar because of its tart acidic taste. It is used in pies, jams, and fruit desserts.

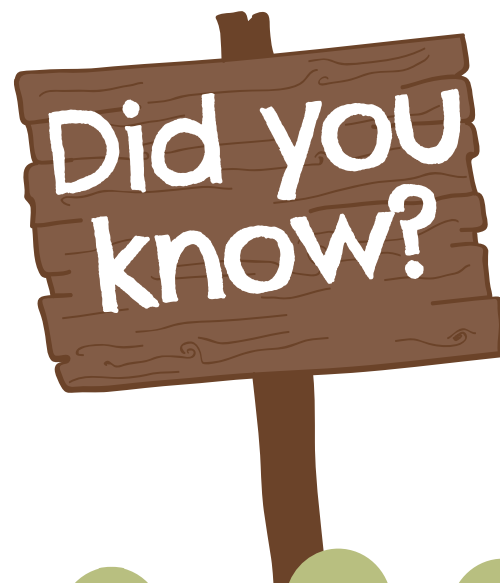


## International Fact

Rhubarb was used anciently in Chinese medicine to aid digestion.



**Fact  
6**



## Rhubarb Colouring Sheet



Red, pink, green or something in-between!

Different varieties produce different colors, and green rhubarbs are just as sweet as red ones.

What colour will yours be?



Name:

School Name:

Class:

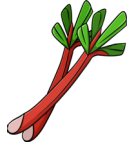


# FOOD FESTIVAL

By Aspens

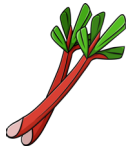
## Recipe from Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes Rhubarb! The winning dish will feature on our menu.



### NAME OF DISH

### INGREDIENTS



### METHOD

Name:

School Name:

Class: