PLANT FACT SHEET

Rheum nobile Hook. f. & Thompson

GENUS *Rheum* **FAMILY** Polygonaceae

COMMON NAMES Sikkim rhubarb, Indian rhubarb

EDIBLE PARTS AND USES

Edible parts: leaves, Stems, shoots

The leaf stalks are peeled then eaten raw or pickled.
The young flowering stalks are cooked and eaten.

DESCRIPTION

A herb. It grows to about 1.5 m high. It is densely covered with bracts which are pale and bend backwards. The leaves have stalks. The leaves are about 30 cm long and wide. They are oval or round. The base can be heart-shaped. The flowers are cream. These are hidden by the bracts. The fruit is dry and oval.

HABITAT

A subtropical plant. In Nepal it grows between 3900-4300 m altitude. It often grows amongst rocks.

PRODUCTION

Cultivation

Plants are grown by seeds or root offshoots.

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