PLANT FACT SHEET

Rheum australe D. Don

GENUS *Rheum* **FAMILY** Polygonaceae

COMMON NAMES Himalayan rhubarb

EDIBLE PARTS AND USES

Edible parts: leaves

The leaf stalks are cooked and eaten. They are also pickled, mostly after drying. They are also cooked, preserved in salt, made into preserves, or dried and stored.
The leaves and flowers are also eaten. (Rutin is present in the leaves and flowers.) They are chopped, boiled and then fried.
The plants are often blanched by covering with soil.

DESCRIPTION

A herb. It grows to about 1.5 m high. It spreads 1.5 m wide. The rootstock is woody. The leaves have stalks. The leaves are broadly oval or heart-shaped. There are some hairs on the veins underneath. The leaves have wavy edges. The flowering stalks are stout and red. The flowers are dark purple or white. They are small and in clusters. The fruit are oblong wand purple with wings. They are notched at the tip.

HABITAT

It is a temperate plant. It grows in Nepal from 3200-4200 m altitude. They grow in open, rocky places. It suits cold arid places. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants are grown from seed or root offshoots.

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