

Rhubarb

Rhubarb was used for its curative powers to treat digestive ailments in China and Southern Russia over 4,500 years ago but has only been used in cooking since the 18th century.

Botanically speaking rhubarb is a vegetable and not a fruit. It is frequently grown in the dark and is called forced rhubarb. By April though, the more tasty field grown rhubarb is in the shops.

It's a good source of potassium, and is low in sodium. Rhubarb's crisp sour stalks are rich in vitamin C, dietary fibre and calcium, although the calcium is combined with oxalic acid and so is not easily absorbed by the body.

One cup of diced Rhubarb contains about 26 calories.

One serving of stewed rhubarb contains 10 calories, 2g fibre and almost 20% of the recommended amount of vitamin C for an adult.