

# Flavors of Rochester at the Market

## Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,  
Friends of the Rochester Public Market, Democrat and Chronicle, and Summit Federal Credit Union  
Saturdays, May through September 10 a.m. to 12 p.m.*

[www.cityofrochester.gov/marketflavors](http://www.cityofrochester.gov/marketflavors); [roc.democratandchronicle.com/section/flavors](http://roc.democratandchronicle.com/section/flavors)

Guest Chef for June 27, 2015:

***Leah Schwartz, Friends of the Rochester Public Market***

[www.marketfriends.org](http://www.marketfriends.org)

### RECIPE: Strawberry Rhubarb Crumble

The perfect “marriage” of favorite spring fruit – combining deliciously sweet strawberries and tart rhubarb – all baked into a delicious treat!

Strawberries Facts:

- Strawberries are healthy as well as delicious - low in calories and high in Vitamin C
- They are also rich in nitrate that can increase the flow of blood and oxygen to muscles, reducing muscle fatigue and making exercise easier
- They are the only fruit that have their seeds on the outside

And Facts about the lesser know Rhubarb:

- Rhubarb is almost unbearably tart (like cranberries) and is only eaten cooked, with sugar or sweetener
- Rhubarb is really a vegetable, but is considered a fruit
- Traditionally rhubarb was used as a medicine
- Never eat the leaves of rhubarb, which are poisonous

6 cups sliced rhubarb, washed and cut into 1/2 inch slices

1 quart fresh strawberries, washed, hulled and sliced

1 3/4 cup sugar

1/3 cup cornstarch

1 tsp. orange zest (finely grated orange peel)

#### Topping

2/3 cup old-fashioned oats

1/4 tsp. salt

2/3 cup packed brown sugar

1/2 cup unsalted butter, cut into pieces

1/2 cup flour

1. Heat oven to 375 degrees. Combine filling ingredients in a large bowl; toss to coat. Place in a greased casserole dish.
2. For topping, combine oats, brown sugar, flour and salt in a large bowl; cut in butter with a pastry blender until crumbly. Spoon over filling.
3. Bake for about 40 minutes, until slightly browned and bubbly. Serve warm with whipped cream or low-fat ice cream. Serves 8.