



## Flavors of Rochester at the Market

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

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Guest Chef for June 25, 2016:

***Friends of the Rochester Public Market's Margaret O'Neill***

### RECIPE: STRAWBERRY RHUBARB CRUMBLE

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

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

Rhubarb is almost unbearably tart (like cranberries) and is only eaten cooked, with sugar or another sweetener added. It is really a vegetable, but considered a fruit! Traditionally, rhubarb was used as a medicine—but the leaves are not edible...in fact, they are poisonous!

#### Filling

6 cups sliced rhubarb, washed and cut into  
½ inch slices  
1 quart fresh strawberries, washed, hulled  
and sliced  
1 ¾ cup sugar  
1/3 cup cornstarch  
1 tsp. orange zest (finely grated orange peel)

#### Topping

2/3 cup old-fashioned oats  
2/3 cup packed brown sugar  
1/2 cup flour  
1/4 tsp. salt  
1/2 cup unsalted butter, cut into pieces

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, 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.

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