Peppering of Peculiar Pepper Palaver.MP3

Gary Crawford: [00:00:00] We are out here once again at the Agriculture Department's Farmers Market in Washington in The VegUCation tent here with Chief Veg-U-cator. Laura Popeilski. And before we start we have a warning for listeners during the show today you may think are experiencing a ringing in your ears or maybe a kind of hot sensation in your mouth and throat because our spotlight foods today are.

Laura Popeilski: [00:00:20] Peppers!

Gary Crawford: [00:00:21] Which are among the most popular vegetables.

Laura Popeilski: [00:00:23] They are a fruit.

Gary Crawford: [00:00:24] Oh sorry. But we treat them like vegetables why are they a fruit?

Laura Popeilski: [00:00:28] Because they are the enlarged ovary of a plant that.

Both: [00:00:31] Includes the the seeds inside.

Gary Crawford: [00:00:32] Every week we go through this. But anyway peppers come in hundreds.

Gary Crawford: [00:00:35] Oh my goodness Gary there are so many different kinds of peppers out there. Big, little, color, flavor. But today we're going to focus mostly on.

Music: [00:00:47] DING!

Laura Popeilski: [00:00:47] What's the ding for?

Gary Crawford: [00:00:48] For bell peppers!

Laura Popeilski: [00:00:50] Oh Bell peppers. Yeah.

Laura (sings): [00:00:50] Ring my bellll. Ring my bell peppers.

Gary Crawford: [00:00:55] Wow! Bell peppers the musical! All right.

Laura Popeilski: [00:00:59] I think we got it.

Gary Crawford: [00:01:00] So if we are getting some of those bell peppers anything to look for?

Laura Popeilski: [00:01:05] You want ones that have a nice firm shiny skin to them.

Laura Popeilski: [00:01:10] No holes or dents or anything that looks kind of soft or mushy and they actually store really well in your refrigerator. If you put them in a plastic bag with a slightly damp paper towel on your crisper them could last up to two weeks.

Gary Crawford: [00:01:23] It says here on this card that you give out to people that you can freeze them you just slice or dice them right?

Laura Popeilski: [00:01:28] And then you can just lay them flat in an airtight container and they'll
last for about 10 months. But I would recommend if you're using frozen peppers you want to cook them there in a stir fry or soup or sauce.

**Gary Crawford:** [00:01:38] Because?

**Laura Popielski:** [00:01:39] Once they're thawed out they really don't have that nice fresh crunch.

**Gary Crawford:** [00:01:44] And these bell peppers can be green of course but if left on the plant to ripen they'll turn yellow or red and we're told yellow or red ones tend to have a sweeter taste. Now Laura besides taste what's in those peppers?

**Laura Popielski:** [00:01:55] They're a source of potassium which helps with nerve and muscle function. They're also a source of vitamin C. A lot of vitamin C!

**Gary Crawford:** [00:02:02] Now you think of oranges most of us as a top vitamin C provider. But Laura says that a green bell pepper has twice the vitamin C as an average sized orange. Of course many of us like the hotter spicier peppers we like the.

**Voiceover:** [00:02:15] (Screams).

**Laura Popielski:** [00:02:16] The reaction has the oil called capsaicin that's in there hits the receptors in the tongue inside us. Tell us the worst thing to do is to drink water after it just spreads the

**Voiceover:** [00:02:26] (Scream)

**Gary Crawford:** [00:02:27] Pain. Yes. Now speaking of pain Laura you have a joke?

**Laura Popielski:** [00:02:32] What do nosey peppers do. What do nosey peppers do?

**Gary Crawford:** [00:02:37] They get ja-la-pen-o business!

**Gary Crawford:** [00:02:39] What?

**Laura Popielski:** [00:02:40] Jalapeno business? All up in your business.

**Gary Crawford:** [00:02:42] Oh OK yeah. Yeah. OK. Fine. For some great recipe ideas for this great Vegetable.

**Laura Popielski:** [00:02:49] Fruit!

**Gary Crawford:** [00:02:49] Fruit. Go online search for what's cooking USDA what's cooking USDA in Washington Gary Crawford for the U.S. Department of Agriculture.