Gary Crawford: [00:00:00] And now!

[00:00:02] Music

Gary Crawford: [00:00:02] Yes you know where this is going. So the kid sticks his filthy hand into his pie start pulling out stuff disgusting! But this serves as a very poor introduction for our subject about which we're talking today, plums.

Laura Popielski: [00:00:14] We are talking plums!

Gary Crawford: [00:00:15] We are out at the Ag Department Farmer's Market in Washington in the VegUcation tent with Laura Popielski with the Agricultural Marketing Service she's out here with a "plum job". Showing folks all about plums. And say Laura did you hear that sad story about plums? Yeah it's "pitiful".

Laura Popielski: [00:00:33] Oh that's a pitiful joke Gary.

Gary Crawford: [00:00:35] So it's a battle of plum puns now is it. All right. But about Plum's themselves Laura they've been around along with puns for a very long time. Right?

Laura Popielski: [00:00:43] Plums were first eaten and grown by the Syrians and the Romans and probably brought to Europe during the Crusades.

Voiceover: [00:00:50] I seek the bravest knights in the land! Will you join me?

Gary Crawford: [00:00:55] Oh yes they were all seeking the Holy plum or something. But fast forward to North American colonial times.

Laura Popielski: [00:01:00] And early settlers brought the European country the United States and the Japanese Plum was brought to California in the 1870s. Since then plum production has not "plummeted".

Gary Crawford: [00:01:12] "Plum-meted!"

Laura Popielski: [00:01:15] I'm good!

Gary Crawford: [00:01:15] Yeah, you are so are plums. The European variety is used mainly for drawing processing and they are turned into prunes. It is the Japanese variety that most of us see at the farmers markets in the grocery stores. But unlike some fruits you know I cannot tell if they're right or not by the color so how do you pick a good one?

Laura Popielski: [00:01:30] You want to give them a little bit of a squeeze and they shouldn't be too hard but they should give a little when you squeeze them and you'll just want to avoid any ones that seemed too soft or mushy or leaky. Those ones are overripe you don't want to take those out.

Gary Crawford: [00:01:43] Oh no no no no. I never take home a leaky plum, no.

Laura Popielski: [00:01:47] Because then you wouldn't need a "plumber". To fix your leak.

Gary Crawford: [00:01:51] I got it yeah to fix, a plumber yeah ha, ha. OK now Laura says that
you can buy plums, not quite right, take them home and then what?

Laura Popielski: [00:01:58] Put them in a brown paper bag for two or three days on your countertop. But if they're ready and you don't want them to ripen any more you can keep them in the fridge for up to a week.

Gary Crawford: [00:02:06] And it would take a week for Laura to tell us all about the ways to use plums besides just taking a bite out of one.

Laura Popielski: [00:02:12] I really like them grilled or sautéed.


Laura Popielski: [00:02:16] Or you could grill plums.

Gary Crawford: [00:02:18] Why would I want to do that?

Laura Popielski: [00:02:19] Why not. So grilling or sautéing plums. I'm going to sauté some plums today with butter, cinnamon, ginger and a little bit of honey and that would be great on a dessert. Maybe some ice cream or it would be a neat side with grilled meat.

Gary Crawford: [00:02:32] So don't be dumb. Eat a plum.

Laura Popielski: [00:02:33] Don't be dumb, eat a plum! I like that!

Gary Crawford: [00:02:37] Well then there can be much to it. Forget it. Sides I'm a plum out of puns.

Laura Popielski: [00:02:40] Well you'd made those jokes with a "plum" as far as I'm concerned.

Gary Crawford: [00:02:45] Yes that's best one you win! For some great recipes using plums. Go along to what's cooking. USDA what's cooking USDA and type in.

Both: [00:02:53] Plums!

Gary Crawford: [00:02:54] In Washington where you and I Laura are what?

Laura Popielski: [00:02:56] Plum crazy.

Gary Crawford: [00:02:57] Yeah Gary Crawford for the US Department of Agriculture.