



Vegu-july-20-Cute,-Curious,-Cucumber-Cupidity.MP3

Gary Crawford: [00:00:00] Once again we're out here at the Agriculture Department's Farmers Market in Washington D.C. at the Veg-U-cation Tent with Chief Veg-u-cator Kayla Johnson. I was a little surprised, Kayla, at the subject of today's lesson. I glanced at the advance notice hurriedly today, quickly donning my tuxedo, rushing right over here. Why are you talking to folks here about cummerbunds? The sash that goes around the waist and the man's formal attire. Why cummerbunds?

Kayla Johnson: [00:00:23] Cucumbers.

Gary Crawford: [00:00:25] Not cummerbunds... Oh. Well okay. I see you've got a little cucumber here who wants to perform, while I change into more appropriate attire. So, go ahead there Cukey.

[00:00:40] Voiceover

Gary Crawford: [00:00:54] OK let's do our little story Kayla. First, what's the background of cucumbers besides not have anything to do with cummerbunds?

Kayla Johnson: [00:01:03] So cucumbers are in a family called Cucurbitaceae.

Gary Crawford: [00:01:08] What was that again?

Kayla Johnson: [00:01:10] Cucurbitaceae.

Gary Crawford: [00:01:12] Glad to meet you.

Kayla Johnson: [00:01:14] So that family includes your pumpkins, squashes, watermelons and other gourds.

Gary Crawford: [00:01:20] Though we treat them like a vegetable, but they really are...

Kayla Johnson: [00:01:22] A fruit. Botanically, they're truly a berry.

[00:01:25] Voiceover

Gary Crawford: [00:01:27] Okay, alright, alright stop already. Kayla talk to him chastise him roughly.

Kayla Johnson: [00:01:32] Don't get yourself in a pickle there.

Gary Crawford: [00:01:36] I knew it had to come sometime I just didn't know when. Okay, if we're buying fresh cucumbers at the store or the farmers market, it says on this card here look for bright even colors, smooth skin, avoid those with sweating and spots and gashes.

Kayla Johnson: [00:01:49] Especially the ones that have withered or shriveled ends. That means that they are going to be more tough and bitter.

Gary Crawford: [00:01:56] Oh ok so bring them home. And if they're whole cucumbers they'll stay good in the fridge for up to ten days. They are 95 percent water you really can't freeze them to keep them around, but maybe I shouldn't say this so our cucumber friend can hear but you can turn them very quietly into what Kayla?

Kayla Johnson: [00:02:12] Pickles! Which is actually what we're going to be demonstrating here today.

Gary Crawford: [00:02:16] OK and over here, Veg-U-cator Hallie Heinzen's working feverishly on something there.

Hallie Heinzen: [00:02:21] We're making a quick dill pickle.

Gary Crawford: [00:02:23] A quick-le.

Hallie Heinzen: [00:02:23] Yeah. So, we're going to make almost a kind of a brine with vinegar and some salt and water and just boil it until the salt's submersed. And then we'll put that in a jar with some sliced cucumber and we'll add a little bit of garlic and pepper.

Gary Crawford: [00:02:38] And seal it up.

Hallie Heinzen: [00:02:39] Yep and it cools down to room temperature and then you put it in the fridge. At the shortest time, it will be about 48 hours before it will be pickle flavored and then you can keep it for about two months.

[00:02:49] All right. For more cucumber recipe ideas go online to What's Cooking USDA. Don't ask for cummerbund ideas that would be dumb. Gary Crawford for the U.S. Department of Agriculture, Washington.