Chintzy Cherry Chants and Chitchat

Gary Crawford: [00:00:00] I'm out here at the Agriculture Department Farmer's Market in Washington D.C. in the Veg-U-cation tent where our expert on almost every food Laura Popielski telling people all about what?

Laura Popielski: [00:00:09] Cherries!

Gary Crawford: [00:00:10] Wow! that's almost sounds like you're singing it.

Laura Popielski: [00:00:12] I can sing about cherries if you'd like me to.

Gary Crawford: [00:00:14] OK. Get your diaphanous gown on their whilst I introduce you on our broadcast. OK Mr. bandleader...

Gary Crawford: [00:00:22] On The beautiful Veg-U-cation ballroom in Washington that lovely chanteuse Laura "Sugar Throat" Popielski. Yes!

Laura Popielski: [00:00:30] [Singing] Life is just a bowl cherries. Don't take it serious.

Gary Crawford: [00:00:34] Not bad, yes. So back to Cherries they're in season at farmers markets and supermarkets and to pick the best ones buy you say they need to be glossy and shiny plump fresh looking and?

Laura Popielski: [00:00:44] And if they have stems the stems should be green and not look at dried or dulled out.

Gary Crawford: [00:00:49] OK. That's now a nod to STEM education. Once you get those cherries home, you say what?

Laura Popielski: [00:00:56] Refrigerate them right away in a loose bag or an open container. But also be mindful that Cherries can absorb smells in the fridge. So don't put them next to your leftover pot roast or your pickles.

Gary Crawford: [00:01:04] Or they'll taste like Cherry pot roast pickle?

Laura Popielski: [00:01:07] Ugh, It sounds awful.

Gary Crawford: [00:01:08] It would be. How long will they keep in that fridge?

[00:01:10] About a week.

Laura Popielski: [00:01:11] OK. Can you freeze them?

[00:01:13] You can freeze them but you need to pit your cherries first. Do you know how to pit a cherry?

Gary Crawford: [00:01:18] One against the other.

Laura Popielski: [00:01:20] Ha! You're funny. Well that might involve a lot of juice to be shed.

Gary Crawford: [00:01:25] That wouldn't be funny. You can buy a pitter or a patter but actually, you are using just a clean unsharpened pencil.
Laura Popielski: [00:01:31] And you just push from the top where the stem push through and the pit will come out the other side.

Gary Crawford: [00:01:38] And Laura cannot tell a lie. She does it with her little pencil like a young six year old George Washington said when his father asked him.

Voiceover: [00:01:44] Did you chop down my cherry tree. I can't tell a lie father. It pulled a knife on me!

Laura Popielski: [00:01:51] Do we know if that's true?

Gary Crawford: [00:01:52] Yes we know it's not true. Washington's biographer confessed he made up the whole cherry tree thing to spice up his book which came out in 1800. George didn't mind because he died in 1799. But we digress. Laura you've got a list of nutrients there in Cherrie's vitamins A and C and potassium and melatonin that helps you sleep. That's one thing we don't need our listeners to do right now at least until we've given a few ways to use those cherries. On top of Milkshakes things like that of course.

Laura Popielski: [00:02:16] I think cherries are also great in chicken salad if you swap out the raisins or the craisins for Cherry pieces or in rice or quinoa dishes or what about fruit salad with a little bit of mint? Cherries go very well with mint.

Gary Crawford: [00:02:28] Oh what about cooked dishes?

Laura Popielski: [00:02:30] Cherries are great paired with pork. And so making like a cherry sauce or cherry compote would be good with a pork chop.

[00:02:38] For more great ideas for cherries go online search choose my plate dot gov choose my plate dot gov and our lovely Songbird returns with the big finish.

Laura Popielski: [00:02:47] [Singing] Now you know about the cherries. So go and eat’em up now!

[00:02:53] Well it was a short finish anyway. While Laura takes her bow. This Gary Crawford reporting for the U.S. Department of Agriculture.