Gary Crawford: [00:00:00] And Now here's an old time song hit song miss about our spotlighted food for today.

[00:00:07] [Music Plays]

Laura Popielski: [00:00:12] [Sings] Blackberry Boogie! I'll be back when its blackberry picking time. [Music Stops] I have to learn more the words to that song.

Gary Crawford: [00:00:18] Actually don't bother.

Laura Popielski: [00:00:18] Ok

Gary Crawford: [00:00:19] The augmented minute vocals there from Laura Popielski I'm with her once again in the VegUcation Tent of the Agriculture Department's Farmers Market in Washington. Where farmers are selling blackberries. Laura is talking about them, so Laura. What's the botanical name for the blackberry. You don't know so what should I do.

Laura Popielski: [00:00:36] Go and connect with a batalogist.

Gary Crawford: [00:00:38] Oh a batalogist! Isn't that someone who studies… [Batman Theme Plays] Batman?

Laura Popielski: [00:00:44] Batalogy is the study of blackberries.

Gary Crawford: [00:00:46] You mean there are people who just study Blackberries?

Laura Popielski: [00:00:48] There are and they're doing hard work.

Gary Crawford: [00:00:50] On their "BlackBerries" no doubt. Turns out blackberries and others in that family are called brambles batalogist's study brambles but most of us shoppers want to avoid the brambles just buy the berries of the store or from the farmers market. And how do we choose the best ones?

Laura Popielski: [00:01:04] Hopefully you're finding ones that are nice and shiny and plump looking. Do you get any that look kind of mushy and not that nice deep rich color you don't want those.

Gary Crawford: [00:01:14] So if you do choose a good batch you store in the fridge right?

Laura Popielski: [00:01:17] And they will last in your fridge for about two or three days so you'll want to eat them up real soon.

Gary Crawford: [00:01:21] Or freeze them they'll look for about eight months. The story of blackberries rapid rise in this country is remarkable. Twenty years ago, commercial shipments of blackberries were just a few thousand pounds. Today, they're up to over 180 million pounds. One reason may be some research showing blackberries have large amounts of antioxidants.

Laura Popielski: [00:01:38] And studies are finding that there may be a link between antioxidants and fighting cancer.
Gary Crawford: [00:01:45] Plus blackberries have vitamin C in potassium but Laura why do you eat them?

Laura Popielski: [00:01:49] Because they have such a lovely flavor.

Gary Crawford: [00:01:52] Now we get to the truth here out here showing some ways to take advantage of that flavor.

Laura Popielski: [00:01:55] What we're doing here today at the market is making blackberry compote So we're blending up the berries and then we're going to add a little bit of honey a little bit of lemon juice and we're going to drizzle this sauce on some shortbread cookies.

Gary Crawford: [00:02:08] That's nice. Or you can drizzle it on things like a grilled pork chicken or Lamb. [Thunder Rolls in Background] Oh speaking of drizzling its starting to rain here. So Laura you said you had a joke for she better go ahead with it.

Laura Popielski: [00:02:19] What do you get when you eat a blackberry? A Bluetooth!

Gary Crawford: [00:02:23] A little technology joke there. Very little.

Laura Popielski: [00:02:26] What about this one?

Gary Crawford: [00:02:27] I don't know I haven't heard it yet?

Laura Popielski: [00:02:28] Why were all the little blackberries crying? Because their parents were in a jam.

Gary Crawford: [00:02:34] That's pretty bad.

Laura Popielski: [00:02:36] It is pretty bad.