



vegu_june_22_Rapid_Raucous_Radio_Raspberry_Raves.MP3

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

Voiceover: [00:00:02] Let The razzing begin!

Gary Crawford: [00:00:02] Yes thus usually begins the yearly Golden Raspberry Awards Show awards given to the past year's worst movies and such. Now this will tie in later but we're not at the awards were out here at the Agriculture Department farmers market right off the Mall in Washington D.C. where under the Veg university. Oh yes tent. I call it the Veg-U-cation Tent. We're here with you VegU. Professor Kayla Johnson. Yes I've just given you an honorary professorship.

Kayla Johnson: [00:00:28] I don't know what to say.

Gary Crawford: [00:00:29] I know try to hold back the tears emotional moment there for you. Now today your lecture here at VegU is on that great food of the.

Kayla Johnson: [00:00:39] Raspberry.

Gary Crawford: [00:00:40] Well said and Professor what deep scientific knowledge will you be sharing with folks here today?

Kayla Johnson: [00:00:45] Raspberries are berries.

Gary Crawford: [00:00:47] Wow. OK you heard it first here. Of course raspberries are ancient food archaeologists are have found evidence that cavemen and women were eating raspberries. Two and a half million years ago today raspberries out the third most popular berry in the United States. After strawberries and blueberries consumption is up nearly 500 percent since the year 2000. And Everyday Kayla someone new decides to try fresh raspberries. One thing you say we need to know about them raspberries are picked when they're ripe. They don't have a long shelf life so at the store. Kayla what do we look for to make sure that we don't get raspberries that are already a little too far gone.

Kayla Johnson: [00:01:21] You'll want to look for brightly colored berries that look dry not mushy in the containers. They should look plump and the container should not be stained.

Gary Crawford: [00:01:30] And they should be stained different colors because raspberries come in several designer colors red of course.

Kayla Johnson: [00:01:36] They also come in purple and a golden yellow.

Gary Crawford: [00:01:39] Oh yeah. And you've got some here black. Now once you got them home Kayla you say they'll last only about two to three maybe four days in the fridge however you can freeze them. They'll keep for six months or so. So I'm looking at one of these here. You know I noticed each one of these has a hole in it.

Kayla Johnson: [00:01:54] The hole that you see in the berries actually where it was holding onto the stem.

Gary Crawford: [00:01:58] Yeah but it looks like to me maybe you could stuff it like an olive with something.

Kayla Johnson: [00:02:02] Oh you could. That's a good idea.

Gary Crawford: [00:02:05] Well turns out a celebrity already thought of it. So.

Gary Crawford: [00:02:12] Justin Timberlake posted a little video online he's holding a raspberry in one hand and blueberry in the other and he says.

Justin Timberlake Voiceover: [00:02:18] Is it a coincidence that the blueberry fits in their raspberry perfectly. I think not.

Gary Crawford: [00:02:27] But if you're looking for some really good recipes using raspberries go on line to what's cooking USDA. Now back to where we started. Somehow, sometime in the past the name raspberry got connected with a couple of things first Kayla. You go ahead.

Kayla Johnson: [00:02:39] (Blows Raspberries)

Kayla Johnson: [00:02:40] I'm not good at it.

Gary Crawford: [00:02:41] Well good enough though and then also from that came the term we used to describe when people harass and rudely put people down. And when you do that you're razzing them. But don't let that keep you from enjoying.

Kayla Johnson: [00:02:51] Raspberries.

Gary Crawford: [00:02:53] That's right. So yes Gary Crawford for the U.S. Department of Agriculture Washington.