June 23 No Raspberry Razzing Allowed.MP3

Gary Crawford: [00:00:01] Stand by for a quiz. We're out here at the Agriculture Department Farmer's Market in Washington at what is called the Veg-U-Cation tent with Chief Veg-U-Cator Laura Popielski she's down here showing people all about. Oh. Almost gave that quiz away didn't I. But we will tell you it is not a vegetable so it's not really a veg-u-cation is it?

Laura Popielski: [00:00:21] But I think fruit-a-cation sounds weird.

[00:00:22] Yeah it does. And it is a fruit even though its name suggests a berries so. LAURA. It's quiz time. That's right. You can guess what our very important subject is today in 15 seconds and here are the clues. Paleolithic cave dwellers knew about this thing. It's related to the rose. It has a bunch of oh what do you call those things.

[00:00:40] Grouplets.

[00:00:41] Grouplets on it. Which plastic surgery can correct. It comes in several attractive colors red being the most popular. You got it. Yes. Well. Time's up. And if you don't have it by now the final clue ought to send it.

[00:00:54] Sound: "Blows Raspberries"

Gary Crawford: [00:00:55] That was giving somebody.

Laura Popielski: [00:00:56] A raspberry.

Gary Crawford: [00:00:57] There you go. I great food unfortunately stuck with a connotation of less than great. For example each year they have the Razzy Awards ceremony honoring the worst movies of the year. Golden Raspberry Award. But Laura you come here not to razz the raspberry but to raise it and praise it you say it's got a lot of vitamin C and fiber in it.

Laura Popielski: [00:01:19] There's also research that suggests that the anti-oxidants and raspberries could be effective against cancer and anti-inflammatory problems.

Gary Crawford: [00:01:28] Now as far as picking or buying the best raspberries you say it really centers on us knowing just how delicate they are. They don't last long.

Laura Popielski: [00:01:35] you're looking for ones that are nice and firm and plump and you really want to be sure that you're not picking up any that look mushy or wet.

Gary Crawford: [00:01:44] Which can really happen fast. And when we get them home.

Laura Popielski: [00:01:47] You have to be very very gentle with your raspberries. There are very delicate fruit.

Gary Crawford: [00:01:52] Look at those little things.

Laura Popielski: [00:01:53] Aren't they cute?

Gary Crawford: [00:01:53] Oh yeah. But some may be getting soft already. Now Laura says we need to be eating those right away and preparing the rest for the refrigerator.
Laura Popielski: [00:02:03] Getting a really shallow bowl putting a paper towel at the bottom and then putting the raspberries on top of them and do not rinse them until you are about to eat that. And let me tell you how to wash your raspberries so that they don't fall apart. Put them in a colander and submerge them in water and then drain them instead of wash them down with the sink hose you know they will smush a lot of them so you want to be very gentle. and they're going to last about two to three days in your fridge. You gotta eat'em up quick!

[00:02:32] Or freeze them. Now we're going to stick around here. And next time Laura is going to give some interesting uses for some of those raspberries. Meanwhile let's have the razzing singing fresh fruit seller. Take us out.

[00:02:52] "Music fanfare."