



June 23 Raspberry Razzle Dazzle--Practical and Looney Uses for Raspberries.MP3

Gary Crawford: [00:00:00] Last time you may have heard our story about a very delicate and popular food associated with this unvoiced lingual labial tril. In other words.

Gary Crawford: [00:00:10] Sound: "Blows Raspberries."

Gary Crawford: [00:00:11] Or a.

Laura Popielski: [00:00:11] Raspberry.

Gary Crawford: [00:00:12] Yeah raspberry That's Laura Popielski she's with the Agriculture Department's marketing service. She is the self-proclaimed expert on raspberry. She ought to be she gets enough of them. She and I and several hundred other people are out here at the Agriculture Department's Farmer's Market in Washington what they call the Veg-U-Cation tent. Last time you may remember we talked about the long history of raspberries how they're delicate. They can go from right to rotten or mushy in a very short time. So you have to take extra care in buying and picking them and storing them. What we didn't get to watch the use of raspberries. Well no I didn't put that quite right. Rather what are some interesting ways to use raspberries that's better. They range from the sublime to the ridiculous. First on the sublime side Laura you've got a few ideas.

Gary Crawford: [00:00:56] First one.

Laura Popielski: [00:00:57] Throw them in cereal yogurt smoothies put them in a baked good recipe like pancakes or muffins. But you do want to make sure you don't put a lot of raspberries in one of those recipes because the extra moisture will affect the baking.

Gary Crawford: [00:01:11] Raspberries have a lot of moisture you say now on the more unusual side for using raspberries.

Laura Popielski: [00:01:16] Making them into a sauce or a vinaigrette for salad. You can also, Oh do I really like this idea. Take a big piece of goat cheese and heat it up. And then put raspberries on top of it and scoop that on the crackers as an appetizer.

Gary Crawford: [00:01:31] Goat cheese there's a particular reason why goat.

Laura Popielski: [00:01:35] It has a very good flavor combination with the sweet raspberries the kind of sour tart goat cheese.

Gary Crawford: [00:01:41] Goat cheese well. It will probably come out not "baaadd".

Laura Popielski: [00:01:46] You are awful.

Gary Crawford: [00:01:47] Thank you.

Laura Popielski: [00:01:47] Other ideas for raspberries. They go really well on winter squash or sweet potato recipes as a garnish. Very nice combination there. I like making sweet potato fries and dipping them in raspberry jam.

Gary Crawford: [00:02:00] Speaking of dipping things here here's a use for raspberries and I bet not many people have thought of let alone tried.

Gary Crawford: [00:02:10] This YouTube video from Russia shows some guys throwing another guy into a big crate full of juicy raspberries why they would want to do that. I'm not sure.

Gary Crawford: [00:02:18] But when the body hits the berries you can see the instant release of a lot juice. Laura says there are easier ways to get the juice out of raspberries. First throw them in a blender.

Gary Crawford: [00:02:30] And then you're going to need to drain so you'll need on of those real fine sieves that you might rinse quinoa or rice in But you can definitely get the seeds out.

[00:02:42] Time for us to get out for some great raspberry recipes. Go online to what's cooking us what's cooking, USDA and type in Raspberries. Gary Crawford for the U.S. Department of Agriculture in Washington.