



June 30 Don't Get the Blueberry Blues.MP3

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

Gary Crawford: [00:00:02] [Singing] At the farmer's market we got stuff we got to say about a great food we are discussing.

Laura Popielski: [00:00:12] Blueberries today. .

Gary Crawford: [00:00:16] That's Laura Popielski talking blueberry to every girl and boy. She said you can bake it in a cupcake. Or...

Laura Popielski: [00:00:28] Slap it in a bowl and enjoy.

Gary Crawford: [00:00:31] That's the blueberry blues.

Laura Popielski: [00:00:33] Yeah.

Gary Crawford: [00:00:33] Yeah, yeah. Well that's a laugh that Laura and I are indeed out here at the Agriculture Department's Farmer's Market in Washington. Lawyers tell people all about blueberries because it is what.

Laura Popielski: [00:00:45] National blueberry month!

Gary Crawford: [00:00:47] Now Laura you say these things may be small but what?

Laura Popielski: [00:00:51] They're powerful little berries blueberries are a source of vitamin K which is good for blood health and vitamin C which is good for your immune system and healing and iron absorption. And lastly blueberries are a source of anti-oxidants.

Gary Crawford: [00:01:06] No not "anti-accidents" antioxidants some of which are connected to you know helping prevent certain chronic diseases. Now unlike some fruits and berries that don't ripen them after they're picked.

Laura Popielski: [00:01:18] Blueberries will ripen a little bit after you pick them. They will get a little softer and juicier but they might not get much sweeter.

Gary Crawford: [00:01:25] Laura you talked about the raspberries last time so they were delicate injured easily and that sort of thing. What about blueberries.

Laura Popielski: [00:01:32] Blueberries are a lot tougher than raspberries.

Gary Crawford: [00:01:35] And you say they've got a longer shelf life that is if the shelf is all in the refrigerator right?

Laura Popielski: [00:01:40] Blueberries you want to store in the refrigerator in a container you purchased them in for about 10 days. But you do not want to rinse them until you're about to eat out.

Gary Crawford: [00:01:49] Why's that?

Laura Popielski: [00:01:50] Oh because when you expose fruits and vegetables to water that gives

them much more opportunity to go bad quicker and get moldy.

Gary Crawford: [00:01:58] Now we just had the Fourth of July so many of us may still be in that patriotic mode. So Laura you've got a recipe for something to go right along with that.

Laura Popielski: [00:02:07] Red white and blueberry salad. Cherry tomatoes blueberries mozzarella and in the balls. Or you can cut it into bite-sized pieces. Basil. And then vinaigrette of Balsamic vinegar, olive oil and salt super simple. That's a red white and blue salad right there.

Gary Crawford: [00:02:28] Yeah. You describe making that salad the same way that many people describe me.

Laura Popielski: [00:02:32] Super simple.

Gary Crawford: [00:02:33] Yeah. Well lots of interesting new ways to use blueberries. Go online to what's cooking USDA, what's cooking USDA. So Laura says if you go out get those blueberries for you won't get those blueberry blues. Well that's all for today. Gary Crawford for the USDA. Yeah!