



Part Two--A Pithy Pixilated Pineapple Pageant

Gary Crawford: [00:00:00] One more time let's talk about.

Voiceover: [00:00:02] Pineapple, pineapple. No no fruit as sweet as you. Pineapple. What are we gonna do?

[00:00:10] And what are we gonna do? Oh I know we're once again the Agriculture Department's farmers market in our nation's capital in the Veg-U-cation Tent two educators today. Kayla Johnson and Hallie Heinzen. Now last time we talked about the pineapple plant itself some history, the fact that pineapples are the only natural source of something called a bromeliad a natural meat tenderizer. But anyway today Kayla and Hallie are giving folks here some ideas on ways to prepare pineapples right?

Kayla Johnson: [00:00:34] Exactly.

Gary Crawford: [00:00:35] But first let's go to the grocery store you walking through passing by the bins of fruit you hear.

Voiceover: [00:00:39] I'm a pineapple you wanna be my friend?

Gary Crawford: [00:00:43] No I don't think so. That's pretty scary. Is that what happened to Kayla at the store.

Kayla Johnson: [00:00:48] No it doesn't.

Gary Crawford: [00:00:49] I'm glad of that but if we feel we need to buy one Kayla you have a little guide you're giving out on how to choose a good ripe one says here. Maybe some green on the sides but it ought to be golden yellow firm heavier than it looks. Leaves on top very nice green but really they all look about the same to me so any other tricks there?

Kayla Johnson: [00:01:04] Another good way that you can tell if you're getting all right. Pineapple is to smell it. Turning it upside down and smelling the center bottom up the pineapple. If it smells really sweet then this means that the pineapple is ripe.

Gary Crawford: [00:01:18] 10 shoppers. I can see the image now 10 shoppers holding their pineapples up pushing their noses up to them. Sounds like a great picture for a Facebook page. Now we get to some uses of pineapples. So Kayla besides eating it fresh.

Kayla Johnson: [00:01:31] You could also add it to yogurt parfaits. Use it as a salsa for tacos. You can add it to stir-fries. You can also use the juice for marinades because it does have that tenderizer. So putting your meat and some pineapple juice and then cooking it would actually be perfect.

Gary Crawford: [00:01:50] All right and over here. You and Hallie we've got this grill going. I don't see any meat here but some pineapple rings ready to go into a glaze or a marinated it looks like a bowl to be some orange juice honey black pepper some other stuff.

Kayla Johnson: [00:02:04] Put the Pineapple in the marinade, throw on the grill.

Hallie Heinzen: [00:02:06] You just want to get the nice grill marks on it. That's all you're really looking for.

Gary Crawford: [00:02:09] Well that last voice there Halle Heinzen. She's doing the grilling. But why grill pineapple in the first place.

Hallie Heinzen: [00:02:15] So it brings forth a lot of the natural sweetness of the pineapple. Because it brings the sugars forward and caramelized some of it and then the grill marks give it a little bit of a bitter taste. So it kind of combat each other so it's not just sweetness on sweetness.

Gary Crawford: [00:02:27] Well all those pieces of grilling I'm looking for the uncut pineapples here. It reminds me back in the day. Hand grenades had raised pattern's on them and they referred to them as pineapples. So you pull the pin and you threw the pineapple and.

Hallie Heinzen: [00:02:41] I don't really want to think about pineapples being grenades so their flavor bombs.

Gary Crawford: [00:02:46] I like that. For dozens of cool recipes using pineapples go online to what's cooking at USDA. What's Cooking USDA and type in.

Voiceover: [00:02:56] Pineapples.

Gary Crawford: [00:02:56] That's right in Washington Gary Crawford for the U.S. Department of Agriculture