



Asparagus What's in a name

Gary Crawford: [00:00:01] Throughout history, love has inspired great music even the love of food has been a musical inspiration for some but apparently not for this food.

Voice overs: [00:00:10] (Multiple songs about songs about Asparagus overlapping).

Gary Crawford: [00:00:26] Maybe it's the name asparagus that sounds like a fungus.

Leslie Good: [00:00:30] I don't know what to tell you. I didn't personally name it.

Gary Crawford: [00:00:33] Yeah but you're out here the Agriculture Department's farmer's market in Washington in the rain, by the way, trying to convince people who made up like asparagus that can be quite tasty quite good. In fact, she's Leslie Good. And she's here with me in the Veg-U-cation Tent at the markets. Leslie, you say asparagus is good but I've heard some folks say when asked if they liked asparagus.

Voiceover: [00:00:54] No, I don't. Yucky!

Gary Crawford: [00:00:57] So Leslie what do you say to people who come up here and say that.

Leslie Good: [00:01:01] I say you should try it roasted with olive oil and some seasonings salt pepper parmesan cheese which is how we're serving today.

Leslie Good: [00:01:07] You think I'd like it. I think he would.

Gary Crawford: [00:01:10] You've got a confederate here doing just that putting some asparagus and a little roasting oven here.

Hallie Heinzen: [00:01:15] I want to get a cooking so people can have some tasty treats to try. Well, we're talking to them.

Gary Crawford: [00:01:20] That's Hallie Heinzen and she has got some asparagus here she's putting some seasoning. Oh, the wind is blowing your seasoning off.

Hallie Heinzen: [00:01:30] I'm going to I'm going to hold off a second. You don't get pepper in your eyes.

Gary Crawford: [00:01:34] So you will be handing out free samples of this roasted asparagus dish but it's raining pretty hard now. Not many folks out here you may have a lot left over there.

Hallie Heinzen: [00:01:43] I'll eat all this.

Gary Crawford: [00:01:44] You may have to.

Hallie Heinzen: [00:01:46] I love asparagus. It's a really versatile food. It goes in a lot of different cuisines and it's pretty hard to mess up. So it's a good beginner vegetable.

Gary Crawford: [00:01:54] But now let's go back in time. To ancient Rome. Roman soldiers used to carry asparagus as weapons. Leslie, you're shaking your head no. They did, they did, I know it. You've heard of asparagus spears. Maybe that's what caused the fall of the Roman Empire. But who

knows that, ancient Romans are not around anymore to prove my theory.

Leslie Good: [00:02:15] They are not.

Gary Crawford: [00:02:16] But asparagus lives on.

Leslie Good: [00:02:18] Yes asparagus remains.

Gary Crawford: [00:02:20] Yeah I don't know how with that name asparagus Leslie if you could change it. What. What would you call it?

Leslie Good: [00:02:27] Green spears.

Gary Crawford: [00:02:28] Green spears. That's not bad. So are you and Hallie going to convince the naysayers here today?

Hallie Heinzen: [00:02:34] Of course we are.

Leslie Good: [00:02:35] Yeah we are going to rock asparagus. In the rain.

Gary Crawford: [00:02:39] Rocking in the rain. For some great green spit. No no. I mean asparagus recipes go online to what's cooking USDA. Now next time we'll get Leslie to talk about the nutritional qualities of asparagus maybe even get a few more people here inspired. By asparagus in Washington with Gary Crawford for the U.S. Department of Agriculture.