May 26 Radio Radish Raves, Raptures and Ramblings.MP3

Gary Crawford: [00:00:00] Ah here's classic comedian Groucho Marx with his lady friend drifting along in a canoe.

Groucho Marx Voice Over: [00:00:04] "I don't know I was going to get a flat bottom but the girl at the boat house didn't have one. Professor you are full of whimsy! I'm always that way after I eat Radishes."

Laura Popielski: [00:00:12] I did not know that radishes bring whimsy of all things. I definitely didn't know that.

Gary Crawford: [00:00:18] Didn't want to know it either.

Laura Popielski: [00:00:19] You are correct.

Gary Crawford: [00:00:20] That's what I thought. That's Laura Popielski. A department of agriculture expert on many vegetables and were out here at the department's farmers market right next to the mall here in Washington D.C. in what they call the Vegucation tent. And Laura is the head of Vegucator around as you may have guessed. The course today dealing with. Radishes Yes people seem to either hate them or love them. My wife Deb's on the love them team.

Deb: [00:00:45] Radishes are wonderful. They're nice and spicy, they’re just good to eat, and they have a nice crunch.

Gary Crawford: [00:00:51] Now Laura here was on the other side thought radishes what their taste was. How did you put it?

Laura Popielski: [00:00:57] Too aggressive.

Gary Crawford: [00:00:58] Too spicy or so. But now she's what they call a radish convert.

Laura Popielski: [00:01:02] Because I do not like radishes and pickled them.

Gary Crawford: [00:01:05] Pickled? You pickled them?

Laura Popielski: [00:01:06] And now now I'm sold.

Gary Crawford: [00:01:08] Well will give you her recipe for pickled radishes in a minute. First some facts about radishes nutritionally. Hardly any fat or cholesterol lots of vitamins including vitamin C. Now, Laura when you buy them and take them home then what?

Laura Popielski: [00:01:20] You want to store them in your fridge they can last about a week or so in the fridge. Do not rinse them until you're about to eat them. And if you do get the radishes that have the green still attached. You want to separate those right away.

Gary Crawford: [00:01:32] Oh yeah. Oh can you eat those green tops too?

Laura Popielski: [00:01:35] I knew you were going to ask.

Gary Crawford: [00:01:36] Yes and I did what's the answer. see that.
Laura Popielski: [00:01:38] You could eat those greens. I want to treat them like you would any sort of other hearty green like mustard greens or things of that nature. They're much better sauteed and you wouldn't just want a whole salad of them.

Gary Crawford: [00:01:48] No. So besides slicing radishes for a salad what else can you do these things.

Laura Popielski: [00:01:53] You can boil them, you can mash them, steam them, sauteed in a stir fry maybe. I met a woman who told me that she has diabetes. So instead of potatoes that have a high glycaemic index she uses radishes in stews or in hash browns. So she treats it like a potato.

Gary Crawford: [00:02:11] OK but we promised folks that we would give the Popielski formula for pickling radishes. I knew this was going to happen. No no no no not that way, this way.

Laura Popielski: [00:02:23] You slice up some radishes put them in a bowl with two thirds cup of red wine vinegar. Half cup of sugar two teaspoons of salt. Mix it all up put in a jar and 30 minutes you could enjoy them. It adds a little bit of sweetness a little bit of sourness takes out some of that radish spice that some people don't like.

[00:02:41] Ok for more radish recipes go online to what's cooking at USDA and type in

Music Voice Over: [00:02:47] R! A! D! Put it an ISH at the end and what you got?!?

Gary Crawford: [00:02:53] You got?

Music Voice Over: [00:02:53] Radishes!