May 5 Savory Salad Savoir Faire

Gary Crawford [00:00:01] We are here. Where else? We of course are here. I mean we're at the Agriculture Department's farmer's market right off the Mall in Washington D.C. at the VegU Vegucation Tent. And today when we walked up the inhabitants of said tent welcomed us warmly by saying "what lettuce help you". So what they did there let-us help you know because today they are doing some vegucation about you know what. Last year the folks here were encouraging us to make a great salad and eat it.

Kayala Johnson [00:00:32] But we wanted move toward teaching people more how to grow in their own homes so that they are able to have fresh produce and learn about local sustainable farming.

Gary Crawford [00:00:43] That's Kayla Johnson she helped us start a greenhouse right in one of the courtyards here. The Ag Department building and has been raising all kinds of cool season lettuce and other green salad things and they're using them here at the market. The remarkable thing is that you told me you have never grown anything before but everything here has come up. Great. Looks great proving that most everybody can grow this stuff in the window boxes and pots and outside right.

Kayala Johnson [00:01:06] Honestly if you just follow the instructions on the seed packet it's pretty much accurate and you can get a good harvest.

Gary Crawford [00:01:13] OK so the salad greens that I see here you know they're not just your standard degree lettuce and what is that thing.

Laura Walter [00:01:20] We have our red and green friz.

Gary Crawford [00:01:22] Well little hairspray a fix that help. That's Laura Walter She's a nutritionist here at the Ag Department but this friz describe that for therefore it's got like spiky hair. Oh, that's appetizing. Some people just don't like salads anyway. Comedian John Pinette says he doesn't consider salad as an actual food.

[00:01:41] “Salad comes with the food. Salad is a promissory note that the food will soon arrive.”

Gary Crawford [00:01:46] So Laura how do you sell people on salads and all the different types of salad makers let people taste it. That's exactly what you guys are doing here. You made a salad with all kinds of lettuce and spinach and that friz thing and you got some red wine vinaigrette dressing and while folks are eating it you fill their heads with the good nutrition information right. Yes. So what do you tell them?

Laura Walter [00:02:09] The darker the green or reddish tone of the lettuce the more micronutrients. These are great sources of vitamins A C and K. We know that eating more fruits and vegetables contribute significantly in terms of reducing your risk for chronic disease. Our main goal here is to showcase these are things you can grow and if you don't want to grow them just find a lot of different varieties to try and build a wonderful tasteful healthy salad.

Gary Crawford [00:02:37] So Kayla now do you have any solid jokes anything like that that you can give us. Oh well, maybe next time. Oh and if you want more information on salad makings and recipes and such go online search USDA farmer's market and then scroll down to VegU click on that. And don't forget "Eat Your Salads" That's right. In Washington, it's Gary Crawford with the U.S. Department of Agriculture.