



Peppers---Turning up the Heat MP3

Gary Crawford [00:00:02] Some reporters investigate the supernatural, but today in the VegU-cation tent here in the Agriculture Department's Farmers market in Washington D.C., we delve even deeper than the supernatural into the super heat-tural, which is even more spooky hooky.

Lori Henry [00:00:15] And that's very true very true.

Gary Crawford [00:00:17] Aha. That's our chief investigator and VegU-cator Lori Henry. She and her husband have a small farm in Virginia where they grow hot peppers and they use those to create hot sauces that are sold in stores and offered in area restaurants. But it is a chancy endeavor I think involving some peppers that I don't know, for some reason, Lori, have very scary names.

Lori Henry [00:00:37] That is correct there. Some of them are very interesting names.

Gary Crawford [00:00:39] Oh yes and some of them live up to those names, I think.

Lori Henry [00:00:43] The ones that I especially like the people that associate with are like the scorpion. It has like a scorpion looking tail on it.

Gary Crawford [00:00:48] There's ghost peppers, too right?

Lori Henry [00:00:51] There are ghost peppers right. But they're red, they're not white, but they're red. Yes, they turn you white after you eat them if you eat too many of them.

Gary Crawford [00:00:58] And here's another one with a very ominous name.

Lori Henry [00:01:00] The fatali, like the name sound like fatal.

Gary Crawford [00:01:03] Fatal?

Lori Henry [00:01:03] F-A-T-A-L-I

Gary Crawford [00:01:06] Now Laurie speaking of fatal you say that the heat sensation associated with eating hot peppers is from an oil in them called capsaicin, which I understand is a neurotoxin that could for some people be potentially fatal in huge amounts. Which brings us to the scariest pepper of all with the scariest name, the Reaper. Full name, The Carolina Reaper.

Lori Henry [00:01:33] According to Guinness Book of World Records, the world's hottest pepper.

Gary Crawford [00:01:36] Yeah, and you, you grow those. That's like the atomic bomb of peppers, right?

Lori Henry [00:01:41] Yes, I'd say if you could pick it up with your fingers and you take your fingers and touch your face, you really can feel it. We pick with gloves on because you really can feel it after you're not thinking about it.

Gary Crawford [00:01:50] It's like handling a hazardous material or something.

Lori Henry [00:01:52] My husband's rhyming the peppers up and he's you know cooking the sauce and he has to wear a respirator for some of it because there's so much fumes escaping all the time.

Gary Crawford [00:02:01] Good grief people actually consume this hot sauce from the reaper.

Lori Henry [00:02:05] Most people when they like taste the Reaper it has an eight to 10 second delay to the heat level.

Voice-over [00:02:10] Ten, nine...

Lori Henry [00:02:11] They taste it and they're saying oh my goodness this taste is so good. And then all of the sudden they start coughing a little bit and then they usually break out with a little bit of sweat on the forehead. Oh yeah, I can taste that.

Voice-over [00:02:23] We have a lift off.

Gary Crawford [00:02:27] The reaction from some people especially me to things that hot.

Lori Henry [00:02:29] Wow!

Gary Crawford [00:02:30] Yeah wow is right. So, what can I do? You know if I got hold of something that's just too hot.

Lori Henry [00:02:36] One of the top things to use is a piece of bread and it will help soak up that oil in your mouth. Then there's also you can do like yogurt or sour cream or something like that.

Gary Crawford [00:02:44] Now I'd probably start chugging water.

Lori Henry [00:02:47] Oh no, that intensifies it. Well last thing I would want. So, I think I'm going to go into hiding until the heat's off. Feel the heat talk.

Lori Henry [00:02:53] Wow.

[00:02:54] This is Gary Crawford reporting for the U.S. Department of Agriculture in Washington.