



Pistachios Hard to Spell Easy to Eat MP3

Gary Crawford [00:00:00] Once again, we're out here at the Agriculture Department's farmers market in Washington, D.C. in the VegU-cation tent with Chief VegU-cator Chantel Oyi. And when I asked earlier what we were supposed to be talking about today, she said...

Chantel Oyi [00:00:13] A common nut in the United States.

Gary Crawford [00:00:16] And Chantel, I thought the show, therefore, was going to be all about little me. But no. And that's a good thing for all concerned. So, what is our subject for today?

Chantel Oyi [00:00:25] Pistachios.

Gary Crawford [00:00:26] Pistachios! Okay. Now, I try sometimes to get things started by unearthing songs about the particular product that we're learning about. Well, unearthing here's a good description in the case of pistachios, for example.

Singing Voiceover [00:00:40] We are pistachios, mighty mighty pistachios. We are pistachios, mighty mighty pistachios...

Gary Crawford [00:00:44] Yeah, you see what I mean? And here's another one.

Singing Voiceover 2 [00:00:47] Pistachios, the nut that's green. It always makes such great cuisine.

Gary Crawford [00:00:52] Yeah, well, that's somewhat less disturbing. And then we have this masterpiece musical tribute to Pistachios.

Singing Voiceover 3 [00:00:59] Pistachio, that's right, I'm a nut. All the not nuts can kiss my...

Gary Crawford [00:01:04] No, no, no. Okay. Can't use that. So, Chantel, you like those songs?

Chantel Oyi [00:01:10] No.

Gary Crawford [00:01:10] No? Oh, okay. But you know that despite those songs, more of us are eating more pistachios. Now back in 2008, average American consumed about one tenth of one pound. And now it's up to over four tenths of a pound. Yes, that's tiny compared to peanuts. Well over seven pounds. But still, pistachios are obviously growing in popularity as more people become acquainted with them. Chantel's over here at the work table, she's whipping up something. The sign says, pistachio pesto. And that's not so easy to say. What's going into that?

Chantel Oyi [00:01:44] They're gonna use three cups of basil, one half cup of grated parmesan, one third cup of shelled pistachios, three cloves of garlic, one teaspoon of sea salt and one-half teaspoon of cracked pepper, and about a half cup olive oil.

Gary Crawford [00:02:01] And there it goes into the blender there.

Chantel Oyi [00:02:05] And once you take it out, you'll be able to use that in the base of your pizzas, your pastas...

Gary Crawford [00:02:12] Or put it on a chicken breast or in a chicken breast, for that matter. So, Chantel, how, how is it? How's it tastes?

Chantel Oyi [00:02:18] Very, very flavorful. I think, I actually like this pesto better than a traditional pine nut. I think the pistachios add an extra layer of flavor and then just adding that with the garlic and the fresh basil, gives pesto a nice new layer.

Gary Crawford [00:02:32] Yeah. So, pistachio pesto is the besto. For the best pistachio pesto recipe, go online, search USDA Farmers Market VegU-cation, USDA Farmers Market. VegU-cation. So, Chantel, you want to hear those pistachio songs again, huh?

Chantel Oyi [00:02:49] No.

Gary Crawford [00:02:50] Oh, come on. Not even the one about...

Chantel Oyi [00:02:53] No.

Gary Crawford [00:02:53] Oh, how about...

Chantel Oyi [00:02:53] No?

Gary Crawford [00:02:54] Okay. Signing off. Gary Crawford reporting for the U.S. Department of Agriculture, Washington.