



## Going Ape Over Apricots MP3

**Gary Crawford** [00:00:02] Oh yes, I'm sure you recognize this tune, instantly right? It's the national anthem of Armenia. Of course, everybody knows that. But do you know what the official National Fruit of Armenia is? Our VegU-cators here at the VegU-cation tent of the Agriculture Department's Farmers market in Washington D.C, you know it's...

**Rachel Schoenian and Chantel Oyi** [00:00:20] Apricot!

**Gary Crawford** [00:00:21] Wait a minute, you Rachel Schoenian and you said...

**Rachel Schoenian** [00:00:24] (ah-pri-cots)

**Gary Crawford** [00:00:26] But Chantelle Oyi you said...

**Chantel Oyi** [00:00:29] (ay-pri-cots).

**Gary Crawford** [00:00:29] So what's the right pronunciation?

**Rachel Schoenian** [00:00:30] (ah-pri-cots).

**Chantel Oyi** [00:00:32] (ay-pri-cots).

**Gary Crawford** [00:00:33] App or Ape, that's the question. We'll answer that later by subjecting it to the punny-ation process. You laugh. Yeah. OK. Later you'll find out. Well apricots evidently are funny. You remember a few weeks ago we had a couple of comedians who got waves of laughs all they had to do was say...

**Male voice over 1** [00:00:49] I love grapes.

**Male voice over 2** [00:00:52] I love grapes.

**Gary Crawford** [00:00:55] Crazy. And add apricots to the Laugh List, British comedian James Caster..

**James Caster voice over** [00:01:00] Love (ay-pri-cots).

**Gary Crawford** [00:01:02] He's British. And Rachel you say there is a British connection to (ay-pri-cots).

**Rachel Schoenian** [00:01:06] (ah-pri-cots). In England during the 17th century apricot oil was used in herbalism treatments intended to act against tumors, swelling, and ulcers, so very anti-inflammatory. And actually, in 2011 we did a scientific systematic review of that claim and found it to be true specifically for cancer patients.

**Gary Crawford** [00:01:28] So Chantel, many of us have never bought (ah-pri-cots). It is (ah-pri-cots) right?

**Chantel Oyi** [00:01:33] No!

**Gary Crawford** [00:01:34] Oh OK, whatever you call them. For us beginners who maybe have never tried them, how would you describe the taste or the eating experience?

**Chantel Oyi** [00:01:42] I would say it tastes like a bitter peach. It's not really sweet but it's not too tart.

**Gary Crawford** [00:01:47] In between?

**Chantel Oyi** [00:01:48] In between, yeah.

**Gary Crawford** [00:01:48] And is it soft or crunchy or...

**Chantel Oyi** [00:01:52] It's firmer when it's less ripe, so it'll have a crunchier taste. And then when it's more ripe it's very tender, it'll be a little bit sweeter.

**Gary Crawford** [00:02:00] Okay so your advice as far as buying (ay-pri-cots), (ah-pri-cots) sorry,.

**Chantel Oyi** [00:02:04] You should look for a plump firm (ay-pri-cots). You want him to be deep orange gold color. You should pick harder ones.

**Gary Crawford** [00:02:11] If they are still hard, not yet ripe, they will ripen out on a shelf and it doesn't take that long. Now, once they're ripe then what?

**Chantel Oyi** [00:02:18] Put them in a perforated bag and put them in the refrigerator and allow them to keep for five days.

**Gary Crawford** [00:02:23] While you figure out what to do with the (ay-pri-cots), (ah-pri-cots). There are loads of recipes and main courses, desserts, and teas. Go online to what's cooking USDA, what's cooking USDA. Okay. Now back to punny-ation to help us decide how to pronounce our fruit. Rachel you are in the comedy spotlight.

**Rachel Schoenian** [00:02:40] What is King Kong's favorite food?

**Gary Crawford** [00:02:42] I don't know.

**Chantel Oyi** [00:02:43] (ape-pri-cots)

**Gary Crawford** [00:02:45] So to make the pun work you've got to say it as (ay-pri-cots) right?

**Rachel Schoenian and Chantel Oyi** [00:02:49] (ah-pri-cots), (ay-pri-cots)

**Gary Crawford** [00:02:50] I give up. Next time we're going to talk about sweet (po-tay-), (po-tah-), (po-tay-), sweet taters. Gary Crawford reporting for the U.S. Department of Agriculture, Washington.