



A blitz of Blazing Blueberries Part 2 MP3

Gary Crawford [00:00:00] Once again we're talking to you from the very hot VegU-cation tent at the Agriculture Department's Farmers market here in ninety-five-degree Washington D.C... Our two resident VegU-cators are here, Chantel Oyi and Rachel Schoenian, and we've got the blues. Well happy blues, right Rachel?

Rachel Schoenian [00:00:14] Yeah, we're excited to be out here at the VegU tent, show people a new way to prepare blueberries.

Gary Crawford [00:00:19] Yeah, they are very common in this country but yet unique.

Rachel Schoenian [00:00:22] They're one of the only naturally blue foods available.

Gary Crawford [00:00:27] Blue foods. Sounds like a song.

Male singing voiceover 1 [00:00:30] Bom bom bom bom bom bom bom bom.

Gary Crawford [00:00:32] And you were afraid of this. Blue food. Blueberries, just for you. They're berry good tasting too. And of course, ...

Chantel Oyi [00:00:46] They're blue.

Gary Crawford [00:00:47] Yeah, thank you Chantel, but back to you Rachel.

Rachel Schoenian [00:00:49] The blueberry is one of the only commercially available fruits that is native to North America.

Gary Crawford [00:00:54] Now let's take you back.

Male singing voiceover 2 [00:00:58] Glad to call you sweetheart...

Gary Crawford [00:00:58] To when this song was first recorded 1910 and even then...

Rachel Schoenian [00:01:02] People didn't think that blueberries could be domesticated...

Gary Crawford [00:01:05] Because they were...

Male singing voiceover 3 [00:01:05] Born to be wild...

Rachel Schoenian [00:01:10] But Elizabeth White, the daughter of a New Jersey farmer, was determined to grow an industry for cultivated blueberries. So, in 1911 she teamed up with the USDA botanist, Frederick Coville, to identify wild plants with the most desirable properties, crossbreed bushes, and create new varieties. And Coville and white harvested and sold the first commercial crop of blueberries in 1916.

Gary Crawford [00:01:32] And now of course it's a billion-dollar industry and growing. Chantel, you had some recent numbers on that right?

Chantel Oyi [00:01:38] Blueberry consumption in the United States has grown 600 percent in the past 20 years.

Gary Crawford [00:01:43] Wow. And Rachel I can see you intend to add to that percentage today with whatever you guys were whipping up for us. What is that?

Rachel Schoenian [00:01:50] So, we're gonna do a blueberry honey sauce which is very versatile.

Gary Crawford [00:01:54] And over here in our ultra-deluxe tent kitchens the versatile Chantelle has the makings out ready what you got there?

Chantel Oyi [00:02:01] Four cups of fresh blueberries, two tablespoons of water, one fourth cup of honey, and one-half teaspoon of cinnamon.

Gary Crawford [00:02:09] Yes, see you've got a saucepan here with the water in the blueberries in it, on this ultra-sophisticated the hot plate. What's next?

Chantel Oyi [00:02:15] Bring our blueberries and our water to a nice boil, and then once we get our boil we're going to add in our honey, our cinnamon, and let that simmer.

Gary Crawford [00:02:24] Yeah, we're simmering too.

Chantel Oyi [00:02:25] The blueberries actually disintegrate into a nice purply, vibrant blueberry sauce.

Gary Crawford [00:02:31] Which I guess you can put on pancakes or in yogurt or ice cream, but what are you guys serving this on out here?

Chantel Oyi [00:02:37] We're gonna put it on a whole grain toast. So, you've got a toast stuff here too?

Chantel Oyi [00:02:41] Yes.

Gary Crawford [00:02:41] Toasting and cooking, and it's only 95 degrees today.

Chantel Oyi [00:02:45] Exactly.

Gary Crawford [00:02:47] Yeah.

[00:02:47] Sure is. For more blueberry recipes go online to what's cooking, besides us out here, what's cooking USDA. In Washington, Gary Crawford, reporting for the U.S. Department of Agriculture.