



Raspberry Razzmatazz MP3

Gary Crawford [00:00:01] Hollywood. Yes, every year the Oscars go to the best Hollywood has to offer. But then there's the annual Razzie Awards - the ceremony to honor the worst of Hollywood. And as they say at the Razzies...

Voiceover [00:00:15] ..."let the razzing begin!"

Gary Crawford [00:00:17] Taken from the term "raspberry," which, back in the day, was a sound like this - *makes raspberry sound* - like that, to indicate displeasure with someone or something. Now today, we are here at the Veg-Ucation tent of the Agriculture Department's farmers market in Washington D.C. with Veg-Ucator, Chantel Oyi, and you're going to be telling folks all about:

Chantel Oyi [00:00:33] Raspberries!

Gary Crawford [00:00:33] Raspberries! But first, Chantel, have you ever made that raspberry sound, you know, like this - *makes raspberry sound* - ever do that?

Chantel Oyi [00:00:41] No.

Gary Crawford [00:00:42] Oh, you gotta give it a try. Go ahead, try it.

Chantel Oyi [00:00:44] *Attempts to make raspberry sound*

Gary Crawford [00:00:44] Sounds more like a bird.

Chantel Oyi [00:00:47] I can't do it!

Gary Crawford [00:00:49] Well, keep trying.

Chantel Oyi [00:00:50] We'll keep trying, I might get it.

Gary Crawford [00:00:52] By the end of our talk.

Chantel Oyi [00:00:54] *Attempts to make raspberry sounds again"

Gary Crawford [00:00:54] OK. Now, about raspberries. Like me, they are delicate things of beauty, right?

Chantel Oyi [00:01:01] Raspberries are one of the most delicate fruits. They're usually hand-picked because the mechanical processing of harvesting can actually tear up the flesh of raspberries.

Gary Crawford [00:01:10] Hand harvested?

Alma Diaz [00:01:11] Every single one by hand because they're so delicate.

Gary Crawford [00:01:14] That's Alma Diaz and she grows raspberries on her farm in Virginia. Now not only do raspberries have to be hand-picked but, Alma, you told me you go even further on finding the right people to gently harvest those raspberries.

Alma Diaz [00:01:28] We hire girls because they are more delicate than men.

Gary Crawford [00:01:31] You mean the men are just too tough on those raspberries?

Alma Diaz [00:01:35] Yes.

Gary Crawford [00:01:36] Now, Chantel says that raspberries are picked ripe, they don't ripen anymore after they're harvested. So, we shoppers have to treat them very gently and use them very quickly before they go bad.

Chantel Oyi [00:01:46] When storing them it's best to store them unwashed and uncovered in the fridge. Remove any mushy fruits because they transfer it to the other fruits causing them to go bad. And then you want to place berries in a paper towel to absorb any moisture; the moisture can also lead to mold buildup and spoilage as well.

Gary Crawford [00:02:03] And even then, you got maybe two or three days on them?

Chantel Oyi [00:02:06] Exactly.

Gary Crawford [00:02:06] So while raspberries are delicate things, Chantel, you say they are strong nutritionally - a lot of vitamin C, fiber, what else?

Chantel Oyi [00:02:14] They have a very low glycemic index compared to other fruits. So, your glycemic index is basically our relative ranking of carbohydrates and foods according to how they affect your blood glucose levels. So, raspberries have natural sugars; however, their carbohydrate content has a low glycemic index, so they're actually good for people who are diabetic and are looking to keep their glycemic index down.

Gary Crawford [00:02:37] All right. Now. ready to try that raspberry sound once again? Go, go ahead.

Chantel Oyi [00:02:42] *Makes raspberry sound*

Gary Crawford [00:02:43] Yes!

Chantel Oyi [00:02:43] *Makes raspberry sound again*

Voiceover [00:02:44] "I think she's got it."

Chantel Oyi [00:02:46] I think so, I think I'm ready to go to the Razzies.

Voiceover [00:02:48] "Let the razzing begin!".

Gary Crawford [00:02:51] Next time, we'll explore a great summertime raspberry recipe. In Washington, Gary Crawford for the U.S. Department of Agriculture, Washington.