



## Speaking Out for Spinach 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 Veg-Ucation tent. Last time, we talked with Chief Veg-Ucators, Rachel Schoenian and Chantel Oyi, about the interesting history of spinach. And today we're going to move on.

**Voiceover, Shirley Temple, "You've Gotta Eat Your Spinach, Baby."** [00:00:15] "Pardon me, did I hear you say 'spinach'?"

**Gary Crawford** [00:00:17] Spinach, that's what I said.

**Voiceover, Shirley Temple, "You've Gotta Eat Your Spinach, Baby."** [00:00:19] "No spinach!"

**Gary Crawford** [00:00:19] What do you mean, "No spinach?"

**Voiceover, Shirley Temple, "You've Gotta Eat Your Spinach, Baby."** [00:00:19] "Take away that awful greenery."

**Gary Crawford** [00:00:19] Awful?

**Voiceover, Shirley Temple, "You've Gotta Eat Your Spinach, Baby."** [00:00:19] "We positively refuse to budge. We'd like lollipops, we like fudge. But no spinach!"

**Gary Crawford** [00:00:30] Well, that may be the way that some kids approach spinach, with many of their parents insisting,

**Voiceover, Shirley Temple, "You've Gotta Eat Your Spinach, Baby."** [00:00:44] "You've gotta eat your spinach, baby. If you do, you can't go wrong. For it's gonna make you nice and strong. And the stronger you are, the longer you'll live. And the longer I'll have to love you."

**Gary Crawford** [00:00:49] Well, that's fine. Rachel, you and Chantel are talking up spinach to folks here at the market, but really now, tell me true, down deep, Rachel, are you really a lover of spinach? Come on.

**Rachel Schoenian** [00:00:59] I'm a big spinach fan. I have to admit that, as a kid, I was not. But, as I've grown up and learned new ways to prepare it, I've found that it can be tasty if you prepare it the right way.

**Gary Crawford** [00:01:10] You're going to be preparing it the right way today?

**Rachel Schoenian** [00:01:13] Yes! We have what we think will be a wildly popular recipe today.

**Gary Crawford** [00:01:18] Wildly popular, okay, but first, Chantel, we are always told spinach is good for us, and why is that?

**Chantel Oyi** [00:01:24] Spinach contains high amounts of vitamin C which is a powerful antioxidant that promotes skin health and immunity function. Vitamin B is an essential

nutrient for cellular function and tissue growth. It contains high amounts of iron which is excellent for hemoglobin which also brings oxygen to the blood tissues; and it contains large amounts of calcium which is also essential for bone health.

**Gary Crawford** [00:01:49] It says here it's low in carbs, high in fiber, and that's all well and good, fine. But can you make it palatable, tasty? My mom used to make it by boiling it to within an inch of its life - ew. But you guys, you're whipping up some sort of spinach dish here to have people try. What is it?

**Rachel Schoenian** [00:02:04] Spinach coconut curry with chickpeas.

**Gary Crawford** [00:02:06] Spinach coconut curry with chickpeas. Alright. Chantel is working feverishly on it over here. What do we got going?

**Chantel Oyi** [00:02:14] We have our raw spinach, a red curry paste, coconut milk substitute, and chickpeas. And what we'll be doing is sautéing down the chickpeas and the garlic, and then adding in our coconut milk and our red curry paste and bringing it to a simmer.

**Gary Crawford** [00:02:29] Well, that's only natural, it is simmer time. So, while that's simmering,

**Chantel Oyi** [00:02:33] And then we're going to toss in our fresh spinach. Just throw it in at the last two minutes and you'll also get that nice not overdone taste.

**Gary Crawford** [00:02:42] Smells pretty good.

**Chantel Oyi** [00:02:42] It's a great recipe. It's flavorful. The spinach just gives it a nice taste.

**Gary Crawford** [00:02:47] So, kid, they proved spinach can be tasty. What do you say now?

**Voiceover, Shirley Temple, "You've Gotta Eat Your Spinach, Baby."** [00:02:52] "Okay, spinach."

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