

FIGS

Ficus carica



ORIGIN & HISTORY

Figs are believed to have originated in Western Asia. Archaeological evidence traces figs back to at least 5000 B.C. Some historians believe that figs were one of the first plants to be domesticated by humans.

Throughout history, figs have also been used as a symbol of peace, prosperity and fertility. The fruit was an important part of ancient Greek and Roman life and continues to play a symbolic role in certain religions such as Christianity, Islam, Hinduism, Judaism and Buddhism. (Buddhists believe that the Buddha found enlightenment while sitting under a fig tree.)



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References to these fruits have also been found in the pyramids of Giza. In France and Italy they have also found fossil figs in tertiary and quaternary depositser.



Photo 1: Fig tree illustrated in Egyptian pyramid of Giza

Fun Facts :

Additionally, if you have an allergy to latex, know that fig trees naturally produce latex and thus you may want to be cautious about their fruits.

Figs are technically not a fruit — they are inverted flowers. Fig trees don't flower like apples & peaches. Their flowers bloom inside the pear-shaped pod, which later matures into the fruit we eat. So, when we eat a fig we are actually eating multiple fruits.

The most important producers are in the Mediterranean basin, highlighting Turkey, Algeria, Greece, Italy and Spain. Asia Minor and the United States, mainly California, are also important.

Harvest & Shelf Life:

Most outdoor-grown figs are ready at the end of the summer. Fruit is picked as it ripens up to the end of September. The fruits are ready when the stem bend and the fruits are hanging down – they may even produce a drop of sugar at the bottom.

Fresh figs can last for two to three days when you store them at room temperature in a dry place. Figs will keep for up to a week if you refrigerate with plenty of room to breathe. Frozen figs have a shelf life of up to a year.

Cooking With Figs

Depending on the type of fig, there's a wide range of flavors it might have - some subtle, others assertive, including berry, honey, caramel, molasses, and plain sugar.

WARM FIGS WITH GOAT CHEESE, PISTACHIOS AND BALSAMIC GLAZE

INGREDIANTS

- 1 cup good balsamic vinegar
- 12 ripe figs, washed
- 4 ounces goat cheese
- 1/4 cup shelled pistachios, roasted, unsalted

Full Recipe Found Here:

<https://www.halfbakedharvest.com/shredded-brussels-sprout-and-bacon-pizza/>



Photo 2: Different vareties of figs

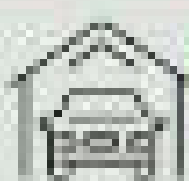
References:

- <https://www.eatingwell.com/article/7961780/what-is-a-fig-plus-how-to-eat-figs/>
- <https://askthefoodgeek.com/figs/>
- <https://culinaryginger.com/warm-figs-with-goat-cheese-pistachios-and-balsamic-glaze/>

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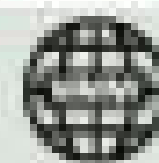
<https://justagric.com/how-are-figs-harvested/>

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