

Ficus Carica

FICO – FIG – FIGUIER – FEIGE

HIGO - ФИГОВОЕ ДЕРЕВО - 無花果の木 - 无花果树 - نيت

HISTORICAL BACKGROUND:

The history of the fig trees dates back thousands of years. There is evidence of it in early agricultural civilizations in Mesopotamia, Palestine and Egypt, and from there it quickly spread around the whole of the Mediterranean.

*It is a xerophilous plant, meaning that it flourishes in dry environments and belongs to the Moraceae family. Its botanical name, “*figus carica*” comes from its origins in Caria, a region of Asia Minor.*

In ancient Greece it was considered a very erotic fruit and often appears in tales of Greek mythology.

Plato was nicknamed the “fig eater” as he recommended eating large quantities of figs believing them to enhance intelligence.

The forbidden fruit in the garden of Eden should actually have been a fig and not an apple, as Adam and Eve, after having eaten the fruit, covered their nakedness with fig leaves.

The Romans used to eat figs as a starter, seasoned with salt, vinegar and garum (a kind of fish-based sauce). According Publius Ovid Naso, figs with honey were offered on New Year`s Eve as a sign of hope. The Romans also thought that eating figs would make young people stronger, old people healthier, younger and even reduce wrinkles!

*BOTANICAL AND AGRICULTURAL
FEATURES / PRODUCT DESCRIPTION:*

- *FAMILY: Moracea*
- *MINIMUM TEMPERATURE: -10°*
- *MAXIMUM HEIGHT: 5/6 mt*
- *PRUNING: March*
- *SOIL: well drained.*

FIG VARIETIES:

- *BLANCA GOTA DE MIEL:*

Medium-sized, light green fruit with white flesh.

Harvest: September

- *BREVA:*

A long fruit with purplish skin.

Harvest: Late June

- *BROGIOTTO WHITE:*

Medium-large green fig.

Harvest: Late August

- *BROGIOTTO BLACK:*

Medium-large black fig.

Harvest: Late September

- *DALMATIE:*

Large, long, bell-like greenish-yellow fig. Excellent flavor, pink flesh.

Harvest: July / September

- *DOTTATO:*

Small, pear-shaped, green fig.

Harvest: August / September

- *LONGUE D`AOUT:*

Elongated, yellowish-green fig.

Harvest: August

- *NAPOLITANA:*

Large fig with purple skin. A good cropper.

Harvest: September

- *NOIRE DE CAROMB:*

An excellent fruit with purple skin.

Harvest: July and August

- *OSBORN PROLIFIC:*

Yellowish skin with brown stripes. Very sweet, pink flesh

Harvest: Mid July

- *ROUGE DE BORDEAUX:*

Garnet-red skin.

Harvest: Late August and Early Autumn

- *TURCA:*

Medium-sized fruit with black skin.

Harvest: August / September

- *VERDAL:*

Medium-sized fruit with green skin and red flesh. A good cropper.

Harvest: October

- *VIOLETTE DAUPHINE:*

Medium-sized green fruit turning purple when ripe.

Good quality, sweet, juicy, pink flesh.

Harvest: August / October

TRAINING AND ORNAMENTAL USES:



HALF-STANDARD TREE:

Half-standard tree for the home orchard.



STANDARD TREE:

Suitable for parks and tree-lined avenues or roads.



ROOF TREE:

A striking new idea that helps create shade in the garden.



ESPALLIER PLANTS:

An attractive way to delimit areas of your garden, orchard or garden paths.

A border of flower or aromatic herbs can be grown at its base.

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in 30cm wide, 15 litre pot. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the backsoil that has previously been removed. This should be broken down, crumbled and mixed with 20-30% compost.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 meter, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
THREE-YEAR-OLD FRUIT TREES
IN A 15 LITRE VASE*



HEALTH BENEFITS:

Figs have a high water, fat and sugar content. They are also rich in fibre and minerals, in particular potassium, phosphorus, iron, calcium and sodium.

This healthy fruit helps hydrate the body's tissues and is an excellent energy source thanks to its high sugar content.

The fig's mucilage makes it an excellent laxative and it is a valuable ally in the fight against hemorrhoids. Its high potassium content helps regulate blood pressure and water retention.

Phosphorus helps to absorb calcium and produce energy, while iron is effective against anemia and sodium regulates various body functions. The fig, as well as being rich in minerals, is also an excellent source of vitamins B (in particular, B1, B2, B3 and B6), vitamin C and vitamin A.

It is however, best known for being beneficial for the digestive system. The enzymes in figs help the body assimilate food. They also seem to regulate the production of gastric juices, while at the same time have anti-inflammatory properties, which act on the walls of the intestine.

The mucilage and the fibers are a blessing for those suffering from constipation and hemorrhoids. They make the feces more voluminous, thus aiding their passage through the intestine.

Figs also have a positive effect on the skin. They increase the skin's natural defenses and reduce inflammation caused by spots, pimples and ingrowing hairs. They are said to be equally beneficial for the sight. They are versatile and can easily be incorporated in the diet, even if it is important not to eat too many.

According to experts, they are especially good for children and the elderly due to their energy giving properties.

Figs can also be eaten during pregnancy, unlike prickly pears that are not recommended for pregnant women.

NUTRITIONAL CHARACTERISTICS:

100 g of fresh figs contain about 74 calories (93.2% carbohydrate, 3.4% protein, 3.4% fat).

Nutritional value per 100 g of Figs

<i>Energy Value (Calories)</i>	<i>74</i>	<i>kcal</i>
<i>Protein</i>	<i>0,75</i>	<i>g</i>
<i>Carbohydrates</i>	<i>19,18</i>	<i>g</i>
<i>Sugar</i>	<i>16,26</i>	<i>g</i>
<i>Fats</i>	<i>0,3</i>	<i>g</i>
<i>Saturated fats</i>	<i>0,06</i>	<i>g</i>
<i>Monounsaturated fats</i>	<i>0,66</i>	<i>g</i>
<i>Polyunsaturated fats</i>	<i>0,144</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>dietary fibre</i>	<i>2,9</i>	<i>g</i>
<i>Sodium</i>	<i>1</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

FIG JAM:

INGREDIENTS:

- 1,2 kg fig
- 500 gr sugar
- Lemon juice (60 g)
and the peel (15 g)
- 80 g water



METHOD:

Rinse the figs, remove the stalks and remove the skin.

Cut into quarters and separate well. Peel the lemon, using a vegetable peeler.

Set aside the rind. Squeeze the lemon and set aside the juice. .

Place the figs in a saucepan with the water. Add the sugar, the lemon rind and the juice.

Bring the fruit to the boil, using a skimmer to remove any surface froth. This will help give a glossy jam when cool. Stir continuously to stop the jam sticking. When the mixture reaches the setting temperature of 104°C (you can measure a jam thermometer) turn off the heat and leave to cool.

Mix the thick surface skin into the jam before pouring into sterilized jars. Put the lids on the jars and leave them to cool upside down to create vacuum.

Once cool, store in a cool, dark place.

CHOCOLATE TRAY BAKE WITH FIGS AND WALNUTS:

*FOR A GLUTEN FREE VERSION : Replace the flour
with gluten-free flour*

*FOR A VEGAN VERSION: Replace the butter
with margarine and omit the eggs*

INGREDIENTS:

- 200 gr di sugar
- 100 gr plain flour 00
- 100 gr dark chocolate
- 100 gr shelled walnuts
- 50 gr dried figs
- 60 gr butter
- 2 eggs
- 1 tbsp. vanilla extract
- Icing sugar for dusting



METHOD:

Sift the flour with the cocoa powder and a pinch of salt. Mixing well.

Beat the sugar and butter with an electric whisk until the mixture is light and fluffy. Add eggs one at a time along with a little of the flour and cocoa powder and a drop of vanilla extract.

Melt the chocolate bain-marie and once cooled add to the mixture.

Wash the fresh figs, remove the stalks, peel and cut into small chunks. Chop the dried figs and walnuts and add to the mixture.

Mix well. Cover a baking sheet with paper baking and spread out the mixture evenly. Bake at 180°C for about 25 minutes. Remove from oven and leave to cool. Cut into slices and dust with icing sugar.

DRIED FIGS :

INGREDIENTS:

- *Dried figs*
- *Toasted almonds*
- *Vincotto or Rum*
- *chopped chocolate and sugar*



METHOD:

Dip the figs two or three times in a bowl of boiling water and bay leaves.

Drain and dab them gently with a cloth to remove excess water. Cover and leave to rest.

The following day, arrange the figs on a baking sheet and place in the sun until they are completely dry. This preserves the figs without damaging them.

Remove the stalks and slice the figs down the middle without cutting them completely in half. Toast the almonds in a preheated oven for 10 minutes at 180°C or until lightly browned. Place one or two almonds in each fig, close the two halves and place on a baking sheet.

Cook in a pre-heated oven at 180°C for 10-15 minutes until golden brown. In a dish lined with baking paper cover the bottom with vincotto (or rum for a stronger, less sweet version), a sprinkling of sugar and chopped chocolate then add the hot figs. Continue to layer the figs, vincotto, sugar and chopped chocolate. Press down the figs well between each layer. Finish with a final layer of vincotto or rum, sugar and chopped chocolate and cover with baking paper. Leave to rest in a dry place.

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