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FRUIT TREES APRICOTS.

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FIGS. (Ficus).

It can be said of figs:- They take man, where many men have boldly gone before. (With apologies to STARTREK). Or one could say they give you a moving experience, generally due to their health giving qualities.

The Greek king Mithridates of Pontus made figs an antidote for ailments, telling his physicians to use them as a medicine, and ordering his citizens to eat them daily. Figs were also used as a food for training by early Olympic athletes, laurels of figs were presented to winners as the first Olympic medals.



There are around 1000 different types of figs, so I have chosen just a few to show the amazing colours and qualities to help you in your choice for growing in your garden. whilst some of the trees can be quite large do not be put off, as growers have now made a wide selection of plants that are smaller and some even grown in a container.

Do remember that figs can be eaten (when ripe) from the tree as well as being used in many of the cooking recipes, or adding to a fruit cocktail.

ADRIATIC FIG.

A plant that was transplanted from the Mediterranean And probably the most prolific of all the varieties, producing a green or yellow/green skinned fruit with flesh of pale pink or dark red, some say this variety is not as sweet as others, yet it has a high sugar content that remains s the fruit dries to a golden shade. which is why it is popular with the makers of fig bars and pastes, plus of course it can be eaten fresh.

Ficus Fig ADRIATIC

BIANCHI GUIDO.

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- [COB NUT](#)
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A light green medium sized fig, which is both very sweet and tender.

BLACK JACK.



This makes a very good container or pot plant, producing fig of high quality, with a large purple black fruit.

BLACK MISSION.
(FRACISCANA)

This fig was named after the missionaries, whilst



travelling the California Coast, planted the fruit. The fresh fruit is a deep shade of purple, but after drying turns to a rich black. This fig is famous/favourite for the distinctive flavour, which means it both used as an eat when ripe fruit but

also a wonderful fruit in cooking.

CALIMYRNA FIG.

This fig is a version of the SMYRNA fig, imported into California by a San Joaquin Valley grower, hence the name. Having a tender golden skin with a delicious nut type flavour, this fig is a popular eating type.



CAPELAS FIG.

A fig from St Michael in the Azores, it is one of the best for the Northern Hemisphere when planted in the ground and is also great for pot/container growing, producing large fruit of quality.



KADOTA FIG.

Originally from Italy known as Datto, the Kadota fig is

the American version, (with possibly a slight improvement on the original). The fruit produced although thick skinned, is a wonderful creamy amber colour when ripe and is nearly seedless. With canners and preservers this fig has become a favourite, as well as the popular use of drying.



KING FIG.

A superb fig medium to large in size, with a green/yellow skin, and a high quality strawberry pulp, ripening around July to August.



VIOLETTE de BORDEAUX FIG.

Although small, this jet black fig which is full of flavour is considered to be the best tasting of figs, good for cold areas, it is very hardy and highly productive in pots, yielding two crops.



If the above information does not "move" you, consider that figs have the highest dietary fibre of any common vegetable or nut.

FRED.

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