

You are here: LAT Home > Articles > Food

Ads by Google

- **[Fresh Figs](#)**  
Find great deals and save!  
Compare products, prices & stores  
[www.Shopping.com](http://www.Shopping.com)
- **[Buy Calimyrna Fig](#)**  
We Have 100+ Produce Products. Calimyrna Fig on Sale!  
[www.NexTag.com/Produce](http://www.NexTag.com/Produce)
- **[Fig Tree](#)**  
Find more sources/options for Fig Tree  
[webcrawler.com/fig\\_tree](http://webcrawler.com/fig_tree)
- **[Fig Tree Care](#)**  
Searching for Tree Care? Browse our Tree Care Directory.  
[www.harmonygardenslandscaping.com](http://www.harmonygardenslandscaping.com)
- **[Looking for dried fruits](#)**  
Assortment includes Apricots, pears mangos, cranberries and much more  
[www.tmwardcoffee.com](http://www.tmwardcoffee.com)

Ad Feedback

## A Fig's Tale

By DAVID KARP, SPECIAL TO THE TIMES  
August 11, 1999

At the Fig Tree Ranch in Malibu, however, fig fanatics are welcome to visit. A quarter-mile from the ocean, the Cunningham family grows 150 trees bearing 23 varieties of figs, most of which can usually be tasted only in private collections. There's Celeste, the classic fig of the Southeast, and the ranch's own Coconut Chiquita, with a coconut aftertaste that's "so good it should be illegal," says Vikkie Vicars, the farm hostess.

Ads by Google

- **[Dwarf Fig Trees For Sale](#)**  
Grow Tasty Sweet Dwarf Figs - Shop Today And Save \$25.00  
[www.Gurneys.com](http://www.Gurneys.com)
- **[Fig](#)**  
Huge selection, great deals on Fig items.  
[Yahoo.com](http://Yahoo.com)
- **[Easy Fig Recipes Ideas](#)**  
Recipes You Will Love Visit Us Today  
[www.retro-housewife.com/recipes](http://www.retro-housewife.com/recipes)
- **[Fig Preserves Recipes](#)**  
Fig Preserves Recipes & Meal Ideas Meal Ideas ten usd per mo Top Chefs  
[Largest-Recipe-Site.Net](http://Largest-Recipe-Site.Net)

Ad Feedback

"One woman who came to pick ate so much, I told her, 'Next time, I'll weigh you before and after,' " says Vicars with a smile. "People are nuts when it comes to figs."

Arugula Salad With Port Roasted Figs and Ricotta Salata Cheese

Active Work Time: 15 minutes \* Total Preparation Time: 45 minutes

This recipe is from Tim Woods of Echo Restaurant in Fresno, California's traditional fig-growing capital. Summer arugula tends to be spicier, so you may need to temper the salad's spiciness with a little more salt.

4 figs

2 to 3 tablespoons Port

1 clove garlic, minced

1 anchovy, rinsed and minced

2 tablespoons red wine vinegar

1/2 cup olive oil

Salt, pepper

6 cups arugula

2 ounces ricotta salata cheese

\* Trim stems from figs. Cut figs in half and drizzle with Port. Place on cookie sheet and roast at 350 degrees until figs are tender, about 30 minutes. Cool to room temperature.

\* Soak garlic and anchovy in vinegar 30 minutes. Add olive oil and salt and pepper to taste.

\* Toss arugula with vinaigrette, and garnish with ricotta salata and figs.

4 servings. Each serving: 318 calories; 132 mg sodium; 8 mg cholesterol; 29 grams fat; 12 grams carbohydrates; 3 grams protein; 0.61 gram fiber.

Fig Ice Cream

Active Work Time: 20 minutes \* Total Preparation Time: 45 minutes

Jan Hartman and her husband Herb grow organic Brown Turkey figs in Fallbrook. This is her recipe.

5 cups chopped figs

2 tablespoons lemon juice

2 1/2 cups sugar

3 eggs, separated

1 cup milk

1 cup whipping cream

1 teaspoon vanilla extract

\* Place figs in bowl and cover with lemon juice and 1 1/2 cups sugar.

\* Beat egg whites with salt until stiff peaks form. Add 1/2 cup sugar and continue beating until like meringue, 2 to 3 minutes.

[<< Previous Page](#) | [Next Page >>](#)

Ads by Google

• [Organic Calimyrna Figs](#)

[Ad Feedback](#)

Premium Calimyrna Figs Certified Organic by USDA/CCOF. Buy Now!

[NutsOnline.com/OrganicCalimyrnaFigs](http://NutsOnline.com/OrganicCalimyrnaFigs)