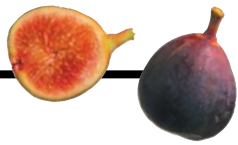


NEW SEASONS

MARKET

Figs



FRESH FIG CHUTNEY

- 2½ cups red wine vinegar
- ½ lb light brown sugar
- 1 onion, chopped
- ¼ cup chopped fresh ginger
- 1½ tsp yellow mustard seeds
- ¼ lemon, zested
- ½ cinnamon stick
- 1¾ tsp salt
- ¼ tsp ground allspice
- ⅛ tsp ground cloves
- 1¼ lbs firm, slightly under ripe figs, rinsed stemmed and halved

In large saucepan combine the vinegar, sugar, onion, mustard seeds, lemon zest, cinnamon stick, salt, allspice, and cloves and bring to a boil. Reduce the heat to a simmer and cook until mixture has thickened and reduced by $\frac{2}{3}$, forming a thick syrup. Add the figs and cook gently until the figs are very soft and beginning to fall apart and most of the liquid from the figs has evaporated, about 30 minutes. Transfer the chutney to a non-reactive container and allow to cool to room temperature before serving. May be made up to 3 weeks in advance and stored in the refrigerator in an airtight container.

ITALIAN MARINATED FIGS

2 lbs figs, stems removed and halved

FOR MARINADE:

- 1 cup balsamic vinegar
- ½ cup olive oil
- 1 Tbs fresh tarragon, chopped
- 1 Tbs fresh thyme, chopped
- ½ medium red onion, sliced

Place figs in baking dish. Combine remaining ingredients and pour over figs. Cover and refrigerate overnight. Bake at 350 degrees, covered, for 30 minutes. Uncover and bake for 10 minutes longer. Serve with goat cheese and fresh sliced baguette.

POMEGRANATE & FIG TAPENADE

- 12 fresh figs, stemmed and halved
- 3 Tbs olive oil, divided use
- ¾ cup Kalamata olives, pitted
- 2½ Tbs capers, drained
- 2 Tbs pomegranate glaze
- 3 tsp fresh rosemary
- 2 tsp sherry wine vinegar
- ¾ cup walnuts, toasted and coarsely chopped

Preheat broiler. On a baking sheet, lay out fig halves and brush figs with about 1½ Tbs olive oil. Place in the broiler for about 3-4 minutes or until the edges brown a bit. Set aside to cool. In a food processor, add olive, capers, pomegranate glaze, vinegar and fresh rosemary. Pulse until combined. Add figs and remaining olive oil and pulse a few seconds at a time so they are combined but still chunky. Remove mixture to a serving bowl and fold in the chopped walnuts. Delicious on roast meats, but also on bread with a fresh goat cheese.

SOUR CREAM, FIG & PEAR PIE

FOR PIE:

- 1 cup sour cream
- 1 egg
- ¾ cup granulated sugar
- 1 tsp vanilla
- ¼ tsp salt
- 2 Tbs flour
- 2 cups pears, cored, peeled and diced
- 1 lb fresh figs, de-stemmed and quartered
- 1 unbaked pie shell

FOR STREUSEL TOPPING:

- ¼ cup flour
- ¼ cup packed brown sugar
- 1 tsp ground cinnamon
- ¼ cup butter, cut into pieces

Preheat oven to 375 degrees. Blend the sour cream, egg, sugar, vanilla, salt and flour until smooth. Fold in the pears and figs. Pour into pie shell. Bake for 40 minutes. Place topping ingredients in the food processor and process until crumbly. Sprinkle pie with topping and bake another 10 minutes. Serve warm.

FIG FACTS

Thank you to the California Fig Advisory Board at <http://www.californiafigs.com/>.

Figs are in season at New Seasons Market. This ancient fruit carries a ton of goodness within its voluptuous package. High in flavor, fiber, and minerals, our figs are fresh and ready for your table.

The fig is one well-traveled fruit. Originating in western Asia, cultivation of figs spread through the Middle East and into the Mediterranean where the fruit was thought to have come from the gods. Figs accompanied Spanish missionaries across the Atlantic to the new world and were planted in California at the San Diego Mission in 1759, and the Mission fig was born.

Most domestic figs are grown in California, with Oregon, Utah and Texas contributing to our supply. There are many varieties of domestic fresh figs to choose from. The ever-so popular Black Mission fig has a purplish-black skin with pink flesh, while the Kadota's yellow-green skin encases a contrasting purple flesh. Calimyrna, the most common dried fig, is golden colored and gets its name from the Turkish variety Smyrna. The Brown Turkey fig is available both fresh and dried with a purple skin and red flesh. Desert King and Lattarulla have green skin with light amber flesh. The Adriatic, with green skin

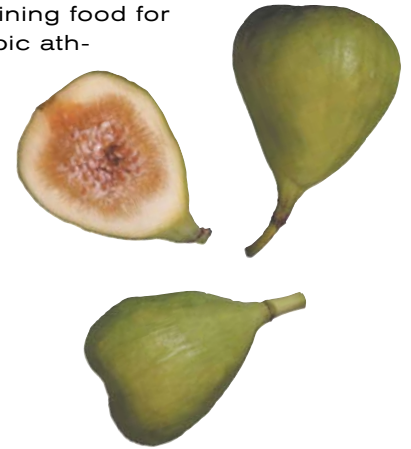
and light pink flesh, is most commonly used for fig paste in our favorite fruited cakes. There are two harvesting periods per year for fresh figs; from mid June through early July, with another larger crop from August to October.

Fresh figs are quite perishable and last only about a week once harvested. Figs stored in the refrigerator will keep for one week and only a few days at room temperature. So enjoy them soon. To choose the sweetest, most succulent fig, look for plump fruit with rich colored and undamaged skin. If the fruit appears slightly wrinkled this is a good indication of more intense sweetness. Due to the fragile nature of this luscious fruit only 10% of figs are harvested for fresh consumption. The other 90% are left hanging on the shady fig tree branches until slightly dry and super sweet for dry figs throughout the year.

Did you know that Demeter, the Greek goddess of the harvest, was thought to have introduced the fig to mortals as the fruit of autumn? And fig leaves were used as the first clothing in the Garden of Eden. The Romans celebrated the god Bacchus for providing figs by offering him the first figs of the season.

The Roman writer Pliny said, "Figs are restorative. They increase the strength of young people, preserve the elderly in better health and make them look younger with fewer wrinkles."

Well Pliny was right! Figs are packed with health benefits from high amounts of fiber, minerals, and other nutrients. Figs provide 20% of the daily fiber recommendation per serving, more than any other common fresh or dry fruit. Of that amount, 28% of the fiber is cholesterol-lowering soluble fiber. The remaining insoluble fiber is terrific for improving gut health. Figs are more mineral dense compared to other fruit. A 1/4 cup serving of dried figs provides a whopping 53 mg of calcium, 244 mg of potassium, and 1.2 mg of iron. The fantastic fig is also packed with the antioxidant power of polyphenols and other anticancer compounds. The Athenians were really on to something when using figs as training food for Olympic athletes.



Fitting Figs into Your Day:

- Add fresh fig slices to breakfast cereal, oatmeal, or yogurt for a morning mineral boost.
- Fresh figs are a tasty addition to a green salad for a subtle sweetness and crunch of the seeds.
- Figs are fantastic in a fresh fruit salsa at the end of the summer. Serve fig salsa over warmed polenta with blue cheese.
- Enjoy fresh figs as an afternoon snack eaten whole, like a plum or a nectarine.
- Slice a fresh fig into quarters half way through from the top. Stuff with a spoonful of goat cheese, wrap with a thin slice of prosciutto and caramelize under a low broiler for a savory delight.
- Use sliced fresh figs in baked desserts such as tarts, pies, cobbler or crisps. Or simply warm sliced figs to top a scoop of creamy vanilla ice cream.
- Dried figs make a great snack. Keep them in a plastic bag to take to work or school, to the beach or on the plane. Dried figs will satisfy any sweet tooth.
- A puree of dried figs may be used to substitute half the fat in cake, cookies, and muffin recipes.

Nutritional Facts

Nutrient	1 Fresh	1 Dry Fig
Calories (kcal)	37	21
Protein (g)	0.4	0.3
Fat (g)	0	0
Carbohydrate (g)	9.5	5
Fiber (g)	1.5	1
Sugar (g)	8	4
Calcium (mg)	18	14
Iron (mg)	0.2	0.2
Magnesium (mg)	8	6
Phosphorus (mg)	7	6
Potassium (mg)	116	57
Sodium (mg)	0	1
Vitamin C (mg)	1	0
Folate (mcg)	3	1
Vitamin A (IU)	71	1
Beta-carotene (mcg)	42	1