

August 18th, 2008

Do not go where the path may lead, go instead where there is no path and leave a trail. Ralph Waldo Emerson

PRODUCE SPOTLIGHT FIGS



Figs are thought to be one of the oldest cultivated fruit, dating back over 6000 years. Figs are inverted flowers, so not strictly speaking a fruit but for now, we'll continue to call them fruit.

Unlike many fruit, figs don't contain much vitamin C, however nutritionally, they outgun most others in numerous ways. They are a better source of vitamin B6, have higher quantities of minerals, including potassium, and contain dietary fiber than many other fruit. As a consequence of the high fiber content, figs are a mild laxative. Dried figs are also an excellent source of calcium

Historically figs have been referred to and revered from the earliest of times, They are mentioned in the first book of The Bible (Genesis) and some scholars believe the forbidden fruit picked by Eve was a fig rather than an apple, which would actually make more sense as it's supposed to be a fig leaf which Adam chose to 'protect his modesty. The ancient Greeks are believed to have fed figs to their athletes (Spartans) to induce strength and vitality .

Figs are also considered a symbol of fertility in many cultures possibly because each fruit contains between 30 and 1,000 seeds...sometimes more.

The most common traditional use for fresh figs is in pastries and tart, chutneys, jams and preserves. They also go well with the plants that grow around them in their Mediterranean homelands, such as Mediterranean herbs and olive oil, as well as salty cheese, such as feta, and prosciutto ham. Figs also pair well with hot peppers, as in hot pepper-fig catsup with vinegar and brown sugar.

Prepare Figs

Grilled

Cuts figs lengthwise in half, brush them with olive oil and grills them cut-side down over hot coals out five minutes, which concentrates their sugars and imparts a smoky flavor. Then serve them with heese and fresh basil, either as an appetizer or as a side dish for chicken or fish.

Braised

In another savory treatment of figs, Braise fatty types of fish, such as swordfish or salmon, on a bed of figs and onions with rosemary and a little garlic, salt, pepper, and enough white wine to moisten the mixture. The liquid left in the pan can be reduced to a sauce.



DINING OUT RESTAURANT SPOTLIGHT

Interim Restaurant and Bar Memphis, Tennessee

Interim Restaurant & Bar

5040 Sanderlin, Memphis, Tennessee; Tel. 901.818.0821

The Interim Restaurant and Bar is a satisfying dining experience in the core of Downtown Memphis featuring upscale American cuisine. The state-of-the-art kitchen can be seen from the dining room, giving patrons a chance to see their meals being prepared. Oysters on the half shell along with macaroni and cheese casserole with country ham are favorite appetizers of the Interim Restaurant. For dessert, try the delicious upside down apple pie with golden raisins and vanilla ice cream. The Interim Restaurant, one of Memphis' newest, won't disappoint.

Please visit Memphis Restaurants at <http://www.memphis.com/restaurants/> or www.interimrestaurant.com for more information.