

CELEBRATING A VALLEY TREASURE

Savor Gourmet Food Samples from the Central San Joaquin Valley Culinary Leaders.
Enjoy Fresh and Dried California Figs, Delicious Recipes and More at the 6th Annual Fig Fest!



Fig Fest

2009

Dear California Fig Lovers,

Welcome to the 6th Annual Fig Fest! Today, the picturesque lawns of Fresno State come alive with an array of tastes and aromas showcasing The Fig, a true Valley Treasure. Cambazola and Fig Foccacia Pizza, Stuffed French Toast with Fig Zinfandel Jam, and Fig Port Ice Cream Sandwiches are just a few of the incredible edibles you will be enjoying throughout the event. On behalf of organizers, Slow Food Madera, and the California Fig Industry, we invite you to enjoy these extraordinary edibles created by some of the area's finest chefs, restaurateurs, artisan food companies, and slow food members.

Slow Food is an idea, a way of living, and a way of eating that links the pleasure of food with a commitment to community. The pleasures of good food can help build community and celebrate culture and regional diversity. In the spirit of the Slow Food movement, today's event will raise funds for Fresno State Ag One Foundation, Slow Food Madera, and The Bulldog Food Pantry.

Fig Fest has always been about great food and fun and friends. Building on that theme, we have added a new activity this year – a Petanque demonstration. Petanque, pronounced “pay-tahnk”, one of Europe's most popular outdoor games, is a distant relative of horseshoes, and a first cousin of the Italian ‘bocce’. The game of Petanque is simple, relaxing, lots of fun, and a perfect way to make new friends. Petanque can be - and usually is - played while enjoying a cool drink and some tasty snacks – and that is why it's a perfect addition to Fig Fest 2009.

Thank you to the many chefs, artisan food companies, fig growers and suppliers, the Fresno Petanque Club, and you, our guests, for making today an unforgettable happening.

Bon Appetit!

Karla J. Stockli

Karla J. Stockli
Chief Executive Officer
California Fig Advisory Board
California Fresh Fig Growers Association
www.californiafigs.com
www.calfreshfigs.com

Tom Willey

Tom Willey
Co-President Slow Food Madera
Governor Slow Food Central San Joaquin Valley
Owner: Willey Farms, Madera
www.slowfoodmadera.org

Restaurants

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Love & Garlic, Event Design & Catering Services, features California, Mediterranean and global cuisines. Voted California Restaurant Association Best of the Valley 2008 Best Caterer, chef and founder Nancy Vajretti's passion for dynamic foods and artistic presentations are evident in her eclectic stylish and unique 'tablescapes'.

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Max's Bistro & Bakery is the premier dining and gourmet deli location in the Central Valley. Executive Chef Scott Sauer has created a menu ranging from delicate to hearty in the French-inspired California cuisine style. Max's also boasts an impressive and ever-changing wine menu with varietals from around the world.

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www.vineyardrestaurant.com

The Vineyard, a casual dining house, serves "wine country style" food influenced by the family's Italian heritage. The Vineyard Restaurant is a popular meeting spot for families and business travelers as well as for the local farmers, winemakers and agri-business community.

Vendors

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Fig Industry

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Contact: Maury DeBenedetto Jr.
E-mail: mauryjr@earthlink.net

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Contact: Marc Marchini
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THE SPECIALTY CROP

2985 Airport Drive; Madera, CA 93637
PH 559-661-8253

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VALLEY FIG GROWERS

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PH 559-237-3893

E-mail: *www.valleyfig.com*
Contact: Jennifer Niadna
E-mail: jniadna@valleyfig.com

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www.westernfreshmarketing.com
Contact: Chris Kragie
E-mail: chris@westernfreshmarketing.com

Cracked Pepper Bistro

BREAD PUDDING WITH CALIFORNIA DRIED FIGS

Recipe by Cracked Pepper Bistro

INGREDIENTS

pudding

10 small dinner rolls

4 croissants

3 cream cheese Danish

2 cups sliced dried California figs (large slices)

4 egg yolks

1 1/2 cups sugar

1 vanilla bean, cut in half lengthwise

2 1/2 cups heavy cream

1/2 cup brandy

1/4 cup rum

2 tablespoons softened butter

Brandy Sauce

2 cups heavy cream

2 cups granulated sugar

3 tablespoons brandy

PROCEDURE

Cut rolls, croissants and Danish into 2-inch cubes; turn into large bowl and add sliced figs. Combine egg yolks and sugar in another bowl; whisk together and set aside. Measure cream into a non-reactive saucepan; add vanilla bean. Heat to simmer, but do not let temperature rise above 180°F. Then, slowly pour hot cream into egg yolk mixture, whisking vigorously all the while. Remove vanilla bean; add brandy and rum. Pour custard mixture over bread and figs; mix together to combine well. Cover dish and let stand in refrigerator 2 hours.

Preheat oven to 350°F. Divide and spoon mixture into buttered 3-inch x 5-inch mini loaf pans. Bake at 350°F for 15 minutes or until golden brown on top.

For Brandy Sauce: Combine cream and sugar in saucepan and heat, stirring constantly, until thick enough to coat back of spoon. Remove from heat and add brandy, adding more as desired.

To serve add a few spoonfuls of brandy sauce to dessert plate. Remove pudding by inverting the pan and tapping the bottom. Arrange pudding crispy side up on sauced plate. Finish with a dollop of whipped cream.

Serves 8

California Fig Advisory Board

PORK WITH PINOT INFUSED FIG CHUTNEY

Recipe by California Fig Advisory Board

INGREDIENTS

Chutney

1 cup chopped dried or fresh California figs
1 cup Pinot wine
1/3 cup white wine vinegar
2 tablespoons pure maple syrup
2 cinnamon sticks

Maple-Rosemary Brine

1/2 cup boiling water
2 tablespoons kosher salt
1 1/2 cups red wine
1 1/2 cups water
1/2 cup pure maple syrup
1/2 cup fresh rosemary leaves
1 teaspoon coarse pepper
4 cloves fresh garlic, smashed

1 1/2 pounds pork tenderloin

PROCEDURE

For chutney, stir ingredients all together in small saucepan. Heat to boil; reduce heat, simmer, covered, for 40 minutes. Uncover; increase heat slightly, cook 10 minutes more or until liquid has all evaporated. Remove cinnamon sticks. (May be prepared several days ahead and stored in refrigerator.)

For brine, combine boiling water and salt in mixing bowl, stir to dissolve; cool. Arrange a gallon-size resealable plastic bag in a large bowl to keep it upright and pour in salt-water, remaining brine ingredients, and pork; seal well. Chill for 48 hours, turning occasionally.

Remove pork from brine, drain and rinse thoroughly; pat dry. Cook on a well-oiled grill over medium-high heat for about 40 minutes, turning occasionally, until pork is cooked to medium (165°F).

To serve, slice pork and serve with warm chutney, sprinkled with chopped fresh rosemary.

Serves 4



Love & Garlic, Inc.

FIG BALSAMIC GLAZE

Recipe by Love & Garlic, Inc.

Use as a topper for baked brie or as a glaze for grilled meats.

INGREDIENTS

4 cups fresh California figs, quartered
4 cups sugar
1/2 cup orange zest
1 cup port wine
1/2 cup balsamic vinegar
2 cups fresh ripe nectarines or peaches, marinated in 2 cups red wine
4 cardamom seeds
1 bay leaf
2 pieces crystallized ginger, about the size of a quarter

PROCEDURE

Combine all ingredients in saucepan and stir together. Stirring occasionally, heat and simmer until desired consistency. Turn into storage container; cover and store in refrigerator.

Makes about 6 cups.

Vineyard Restaurant

GRILLED BLACK MISSION FIGS WRAPPED WITH BACON

Recipe by the Vineyard Restaurant

INGREDIENTS

8 slices bacon, 3-5 inches long
1 cup balsamic vinegar
8 fresh California Mission figs
8 wooden skewers, soaked in water

PROCEDURE

Arrange bacon slices in single layer in baking pan and precook for 5 minutes in oven at 400°F. Meanwhile, measure vinegar into small saucepan; heat and simmer over low heat until reduced by one-half. Set aside.

Wrap each fig with 1 slice of bacon and secure with a skewer; grill over open fire or on grill pan till bacon is crisp. Drizzle vinegar reduction and serve warm.

Serves 4

Piano Caffè

STUFFED FRENCH TOAST WITH FIG ZINFANDEL JAM

Recipe by Piano Caffè

INGREDIENTS

Fig Zinfandel Jam
1 pound fresh California figs, chopped
1/3 cup honey
1/2 cup Zinfandel or other berrylike, spicy red wine
Zest and juice of 1 lemon
Zest of 1 orange
Dash, kosher salt

8 ounces cream cheese, softened
1/2 cup sugar
1/4 cup dark chocolate, finely chopped
2 tablespoons orange juice
3 eggs
1-1/2 cups half-and-half
1 tablespoon vanilla
12 slices French bread, cut 1-1/2 inches thick
1/4 cup butter, melted

PROCEDURE

Combine ingredients for jam in medium saucepan; bring to rolling boil. Reduce heat; simmer for 20 minutes, stirring occasionally. Keep warm.

Combine cream cheese, sugar, chocolate and orange juice in small bowl, mix together; set aside. In shallow bowl, whisk eggs, half-and-half, and vanilla together to combine thoroughly; set aside.

Preheat oven to 350°F. Then, heat a large sauté pan over medium heat until hot and drizzle with melted butter. Dip bread slices, one at a time, into batter, drain and sauté until golden brown and just crisp, about 2 minutes on each side. Remove to plate and repeat until slices are all cooked.

To assemble, spread about 1/4 cup cheese mixture on one-half of the sautéed slices and arrange another slice on top of each to make sandwiches. Place side by side in baking dish and bake at 350°F about 8 minutes or until very warm and filling is melted.

Serve right from the oven topped with a generous portion of Fig Zinfandel Jam.

Serves 6

The Chef's Table

MARINATED GREEN BEAN SALAD WITH CALIFORNIA DRIED FIGS, TOASTED ALMONDS AND OLIVE VINAIGRETTE

Recipe by The Chef's Table

INGREDIENTS

1 shallot, white part only; minced
2 cloves garlic, thinly sliced
1 ounce (2 tablespoons) balsamic vinegar
3 ounces (6 tablespoons) extra virgin olive oil
1/4 cup pitted mixed ripe and green olives, chopped fine
2 cups fresh green beans, trimmed, cut crosswise in 1/2-inch lengths, and blanched
6 dried California figs, diced 1/4-inch
4 tablespoons sliced almonds, toasted

PROCEDURE

In large bowl, combine shallot, garlic, vinegar, olive oil and olives; mix well. Add green beans, figs and almonds; toss to coat well. Cover and chill. Divide and serve on lettuce leaves, if desired.

Serves 4

Sparrow Lane

CARAMELIZED FIGS WITH VANILLA ICE CREAM AND AGED BALSAMIC VINEGAR

Recipe by Sparrow Lane

Hot and cold, sweet, tart and creamy rich, here is a way to tantalize discriminating tastes, every time.

INGREDIENTS

12 firm-ripe fresh California figs, trimmed and cut in half lengthwise
3 tablespoons turbinado sugar, sugar in the raw, or packed light brown sugar;
forced through a sieve
1 pint super premium vanilla ice cream
1 to 2 tablespoons Sparrow Lane 25-year Balsamic Vinegar

PROCEDURE

Preheat broiler. Arrange figs, cut sides up, in a large shallow nonreactive baking pan; sprinkle evenly with sugar and broil 2 to 3 inches from heat until sugar is melted and begins to turn deep golden color, 3 to 5 minutes.

Serve immediately, spooning 3 fig halves over 1/4 cup (No. 16 scoop) of ice cream for each serving; drizzle with vinegar.

Serves 8



BRIE STUFFED BLACK MISSION FIGS WITH TRUFFLE HAM HOCK RISOTTO AND BALSAMIC PORT REDUCTION

Recipe by States

INGREDIENTS

1 cup Port wine
1/2 cup balsamic vinegar
4 fresh California Black Mission figs
4 ounces, French brie
1 teaspoon extra virgin olive oil

Risotto

3 ham hocks
Water, as needed
2 tablespoons oil
4 small shallots, minced
3 cloves garlic, minced
1 cup arborio rice
3 cups ham stock
1/2 cup cream
1/4 cup Reggiano cheese
2 tablespoons Marscapone cheese
1 teaspoon black truffle oil

PROCEDURE

In small saucepan over moderate heat, reduce wine and vinegar until mixture coats back of a spoon. Remove from heat; reserve.

Cut figs halfway through into quarters; open and stuff with brie. Brush with 1 teaspoon olive oil and roast for 10 minutes at 350°F; reserve.

In large pan, combine ham hocks with water to cover and bring to a boil. Simmer on low until very tender about 1 hour. Remove ham hocks, reserving 3 cups of cooking liquid. When cool, shred and reserve meat.

Measure 2 tablespoons oil into skillet; add shallots and garlic and cook over low heat until translucent. Stir in rice with wooden spoon and stir constantly while adding reserved broth 1/2 cup at a time until rice is tender. Add cream and continue stirring until absorbed. Turn off heat and fold in cheeses, truffle oil and shredded ham hock. Season to taste with salt and pepper. Divide and spoon into serving bowls; drizzle with wine reduction and serve immediately.

Serves 4



GRILLED FRESH BROWN TURKEY FIG AND BEET SALAD WITH WALNUTS AND ARUGULA

Recipe by Trelia

INGREDIENTS

Dressing

5 ounces goat cheese
5 ounces sour cream
1/2 teaspoon Dijon mustard
1/2 teaspoon white wine vinegar
1/2 teaspoon chopped herbs
2 tablespoon extra virgin olive oil
Salt and white pepper, to taste

Figs and Beets

8 ounces fresh California Brown Turkey figs, halved
8 ounces red beets; blanched, peeled and cut in half
1 tablespoon extra virgin olive oil
Salt and black pepper, to taste

To Serve

1/2 teaspoon chopped herbs
1 teaspoon minced shallot or red onion
1 teaspoon balsamic vinegar
1 teaspoon walnut oil
Handful arugula leaves
1/4 cup toasted walnuts

PROCEDURE

Dressing: Place goat cheese, sour cream, mustard, vinegar and herbs in mixing bowl; blend on medium speed until ingredients are combined. Slowly drizzle in oil and continue to mix on medium speed till emulsified. Taste and season with salt and pepper, as needed.

Combine figs and beets in mixing bowl; toss with olive oil, salt and black pepper and set aside to marinate for at least 30 minutes. Grill figs and beets on all sides; return to mixing bowl and chill.

To Serve: Add chopped herbs, shallots, balsamic vinegar, and walnut oil to figs and beets, toss until combined. Divide and mound in the center of 4 salad plates. Drizzle goat cheese dressing around figs and beets. Add arugula leaves to the remaining balsamic-walnut oil vinaigrette and toss until coated. Divide and add to the plates; drizzle remaining vinaigrette over all and sprinkle with walnuts.

Serves 4

The California Sheep Commission

HONEY-GLAZED CALIFORNIA LAMB CHOPS WITH CALIFORNIA FRESH FIG SALSA

Recipe by The California Sheep Commission

INGREDIENTS

California Fresh Fig Salsa

1 cup firm-ripe fresh California figs, stemmed and diced

1 fresh green onion, sliced

1 medium tomato; peeled, seeded and coarsely chopped

1/2 cup peeled and diced ripe fresh mango

1 tablespoon finely chopped fresh mint

1 clove garlic, minced

1 jalapeño peppers, seeded and minced

1 teaspoon grated lime peel

1 tablespoon fresh lime juice

1/2 tablespoon balsamic vinegar

Salt and pepper, to taste

Honey Glaze

1 2/3 cups red balsamic vinegar, divided

1 cup extra virgin olive oil

Salt, to taste

2 ounces minced garlic

(about 3 1/2 tablespoons)

3 1/2 tablespoons chopped fresh rosemary

5 tablespoons honey

16 small California lamb loin chops

PROCEDURE

Combine all ingredients for salsa and chill several hours to blend flavors. Whisk 1 cup vinegar and olive oil together; brush generously onto all sides of lamb chops. Then, rub chops with salt, garlic and rosemary. Arrange in resealable plastic bag; close tightly and let stand in refrigerator for at least 6 hours or up to 36 hours.

Combine remaining 2/3 cup vinegar and honey; mix well. Broil or grill lamb chops, basting frequently with honey-vinegar mixture until done (160°F). Serve with salsa to spoon on.

Yields: 2 cups salsa

Serves 8



DeAngelo's Restaurant

RICE PUDDING WITH DRIED CALIMYRNA FIGS

Recipe by DeAngelo's Restaurant

INGREDIENTS

1 quart milk
1 quart rice milk
1 pound converted brown rice
6 ounces (about 3/4 cup) sugar
1 tablespoon vanilla extract
1 grated orange rind
6 ounces dried Calimyrna figs
Sliced fresh or dried California figs; for garnish
Ground cinnamon; for garnish

PROCEDURE

Combine first 6 ingredients in large pot. Simmer over low heat until rice has absorbed all the liquid, stirring occasionally. Chill until ready to serve.

To serve, divide and spoon into serving bowls; garnish with sliced figs and sprinkle with cinnamon. Enjoy.

Serves 8



California Fresh Fig Growers Association

GRILLED PORK KEBABS WITH CALIFORNIA FRESH FIGS

Recipe by California Fresh Fig Growers Association

INGREDIENTS

1/4 cup honey
1/4 cup Dijon mustard
1/4 cup seasoned rice vinegar
1/4 cup fresh orange juice
1 clove garlic, minced
1 pound pork tenderloin

8 large fresh California figs, halved lengthwise (about 3/4 pound)
1 large orange bell pepper, seeded and cut in 1-inch squares
1 large green bell pepper, seeded and cut in 1-inch squares
1 red onion; peeled, quartered, separated and cut in large squares
Vegetable cooking spray

PROCEDURE

For marinade, combine honey and next 4 ingredients in a shallow, nonreactive dish; stir together. Trim fat from pork and cut crosswise into 16 slices; add to marinade turning to coat well. Cover and let stand in refrigerator for at least 30 minutes.

Remove and drain pork, reserving marinade. Alternating pepper and onion squares, pork slices, and fig halves, thread onto four 10- or 12-inch skewers. Coat grill or barbecue rack with cooking spray; place over medium-hot coals. Arrange skewers on rack and cook 4 minutes, basting occasionally with reserved marinade. Turn and cook and baste 4 minutes more or until pork is done (165°F) and figs are thoroughly heated through.

Serves 4



Max's Bistro

CALIFORNIA FIG AND CAMBAZOLA FOCACCIA PIZZA

Recipe by Max's Bistro

INGREDIENTS

3 1/2 cups all-purpose flour, divided
1 teaspoon sugar
1 teaspoon salt
1 tablespoon active dry yeast

1 cup water
2 tablespoons vegetable oil
1 egg
2 cups diced dried California figs
3 tablespoons olive oil
Pinch of salt

Fig and Cambazola Topping

2 baskets fresh California figs (any variety)
1 cup brown sugar
1 cup red wine
1-1/2 pounds Cambazola, rind removed

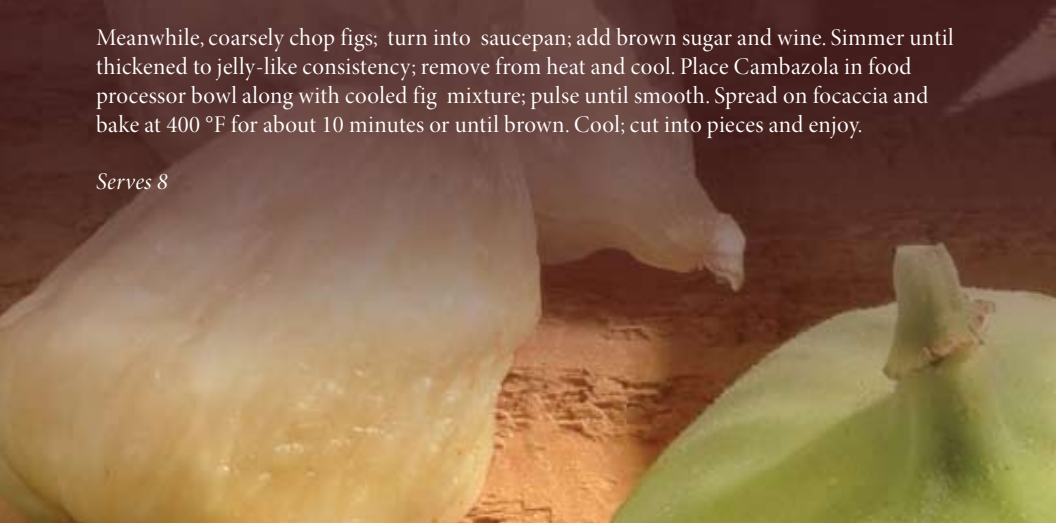
PROCEDURE

Combine 1 cup flour, sugar, salt and yeast; mix together well. Heat water and vegetable oil until warm (105°F) and stir into yeast mixture along with egg, until moistened, and then for 2 minutes more. Add 1 3/4 cups flour, a little at a time, and continue mixing, until dough pulls away from sides of bowl. Turn onto floured surface and knead in remaining 3/4 cup flour and finally chopped figs. Cover and let rest for 5 minutes.

Arrange on greased baking sheet and roll out into a 12-inch circle. Cover with oiled plastic wrap and let stand in warm place for 30 minutes. Remove plastic wrap and poke with a fork or skewer at 1-inch intervals; drizzle with olive oil. Bake at 400°F for 17 to 27 minutes until golden brown.

Meanwhile, coarsely chop figs; turn into saucepan; add brown sugar and wine. Simmer until thickened to jelly-like consistency; remove from heat and cool. Place Cambazola in food processor bowl along with cooled fig mixture; pulse until smooth. Spread on focaccia and bake at 400 °F for about 10 minutes or until brown. Cool; cut into pieces and enjoy.

Serves 8



Fresno PÉTANQUE CLUB

“FIGS AND BOULES”

Fresno Pétañque Club
at the 6th Annual Fig Fest



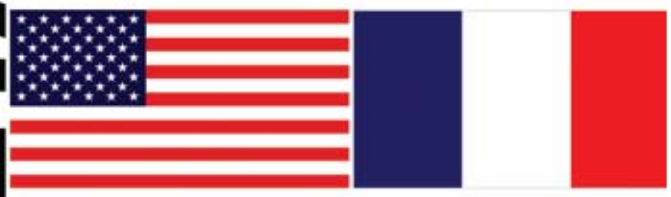
IT'S A FIG BOULES PARTY

Fresno Pétañque Club is America's fastest growing boules club. Our club is delighted to be a part of this great Fig Fest.

Pétañque (pronounced payTONK) is an outdoor bowling game played with steel balls about the size of a baseball. This sport started over 100 years ago on the French Rivera and is now played around the world in over 70 countries.

Fresno Pétañque Club members want to show you how to play this exciting game. Look for us playing around the Fig Fest grounds. We will give you an overview of the game and have you playing within 5 minutes.

Warning: pétañque is an addictive game you will love.



“Figs and Boules - California Traditions”
www.FresnoPetanque.com

California Fig Facts

CULINARY

- Figs are considered a cherished fruit by many cultures. They have an important culinary heritage from around the world, especially from the Mediterranean and Asian countries. Consumers and chefs worldwide seek out fresh and dried figs.
- Each variety has a unique and delicious flavor. These range from deep earthy tones – reminiscent of a Pinot Noir – to the buttery-nuttiness of a Chardonnay.
- When Black Mission Figs are blended with savory ingredients, such as salt, cocoa and spices, figs can produce a “meaty” flavor that has a smoky, almost steak-like aroma and taste.
- When “white” Calimyrna Figs are blended with more aromatic ingredients, such as lavender, pine nuts and fennel, the flavors are nutty and buttery with roasted-chicken notes.

PRODUCTION

- Today the United States is ranked 3rd in world production for dried figs with an annual crop of approximately 22 million pounds. We also produce over 10 million pounds of fresh figs annually.
- California produces 100% of the nation’s dried figs and 98% of the fresh figs. Increased demand for California Figs has set the stage for a sustainable industry.
- In California, there are five primary varieties of figs.
 - Black Mission (dried/fresh)
 - Calimyrna (dried/fresh)
 - Kadota (dried/fresh)
 - Adriatic (dried)
 - Brown Turkey (fresh)

ECONOMIC DATA

- The industry presently has 22 producers of California Figs, farming 9,300 acres mainly in Madera, Fresno and Merced counties. Many of the producers are small business owners, while others are diversified and produce other agriculture commodities. There are five processors of figs.
- The industry employs about 600-700 workers. From the fig orchards to the packinghouse and front office support, highly skilled employees plant, prune and harvest. Almost all employees are long-time members of the community and have worked in the industry for years, if not generations.

HEALTH AND NUTRITION

- California Figs are an excellent source of dietary fiber. Just 3 to 5 – dried or fresh – provide 5 grams of dietary fiber or 20% of the Daily Value.
- Figs are fat, sodium, cholesterol-free and rich in antioxidants – ranking higher in antioxidants than red wine and tea, well known for their polyphenolics.
- Just 3 to 5 California Figs count as one fruit serving and provide:

Dried (1/4 cup; 40 grams)

- 110 calories
- 5g fiber (20% of the Daily Value)
- 244mg potassium (7% of the Daily Value)
- 53mg calcium (6% of the Daily Value)

Fresh (1/2 cup; 3-4 medium figs)

- 120 calories
- 5g fiber (20% of the Daily Value)
- 354mg potassium (10% of the Daily Value)
- 53mg calcium (6% of the Daily Value)

FRESH FIG AVAILABILITY

Fresh fig season starts in mid-May and continues through mid-December.

- **Black Mission Figs** – purple and black skin with deep earthy flavor like a Cabernet
Mid-May through November
- **Brown Turkey Figs** – light purple to black skin with robust flavor like a Pinot Noir
Mid-May through December
- **Calimyrna Figs** – pale yellow skin with a buttery and nutty flavor like a Chardonnay
Mid-July through September
- **Kadota Figs** – creamy amber skin with a light flavor like a Sauvignon Blanc
Mid-June through October

DRY FIG AVAILABILITY

All varieties of Dried Figs are available all year round.



CALIFORNIA FIG ADVISORY BOARD | CALIFORNIA FRESH FIG GROWERS ASSOCIATION | CALIFORNIA FIG INSTITUTE
600 WEST SHAW AVENUE, SUITE 300 | FRESNO, CA 93704 | P. 559-243-8600 | F. 559-243-8605
INFO@CALIFORNIAFIGS.COM | WWW.CALIFORNIAFIGS.COM | WWW.CALFRESHFIGS.COM