

Fig Leaf and Fruit

2017 CSA

Summer

July 15th

Planet Earth Diversified

- Fig Leaves and Fruit
- Ginger & Turmeric
- Gold Bar Zucchini
- Thai Basil Cuttings
- Green Tomatoes
- Baby Salad Mix
- Baby Arugula
- Baby Tatsoi
- Cucumber
- Thyme
- Dill
- Pea Shoots

Figs in tarts, figs in ice cream, figs in cookies, bars or pastry (like Nabisco's Fig Newton) are probably more familiar uses for the fig tree. But the leaves are also useful, tasty and considered by some, therapeutic. Recipes can be found for fig leaf tea used to help mitigate insulin requirements for people who have type 1 diabetes. The aroma of the toasted fig leaf is my favorite. I like to toast it in the oven gently until it is olive colored and dry, crumbling it (fine, like gumbo filé) for later use in cookies, rice, stir-fry, tea and syrup. The fresh leaf can be used without toasting first, such as using it to infuse warm



cream mixtures like ice cream or custard. I think the flavor is more robust and deep with a toasting. Keep in mind that if you would like to use the leaves as a wrap for baked peaches or grilled fish, then use fresh and untoasted for best results at steaming the flavor throughout. If you are



unsure about dusting some toasted fig leaf into your rice as you steam it, consider laying a part of the leaf (enough to span the diameter) in to disperse the fresh flavor into your rice. Remove the leaf before eating, like you would bay laurel. Here is a menu suggestion from Stanley Stephan on Chowhound: Appetizer: Grilled Fig Leaves Stuffed with Chevre Entree: Salmon in Fig Leaves with nasturtium butter Vegetable: potato torta baked on fig leaves Dessert: Peaches Baked in Fig Leaves

Yummy ideas! May this inspire you all this week...much love, Leslie

Here Mike helps a peacock while all are feisty as the chicks hatch