



S A F P A
South African Fig Producers' Association



Welcome to our 2nd Newsletter - Feb 2018

What's new at SAFPA?

- PPECB Export volumes up to week 6- how do we compare to last season? – so far down by 75%- see our graphs!

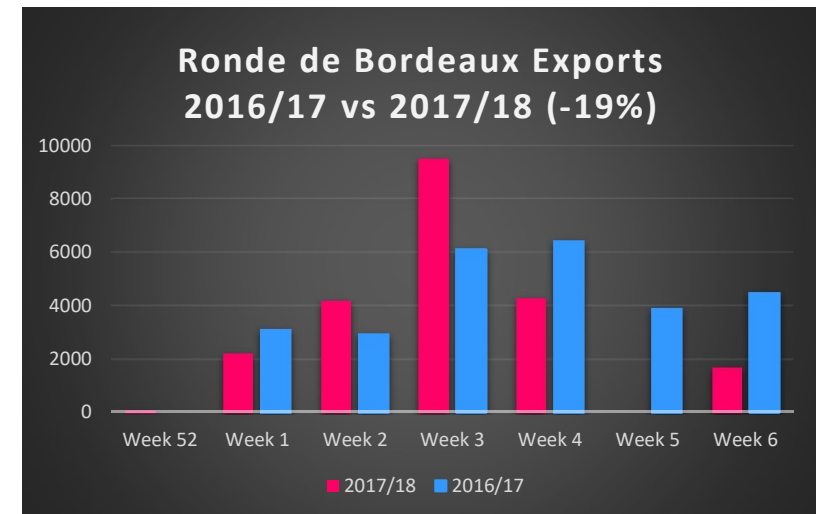
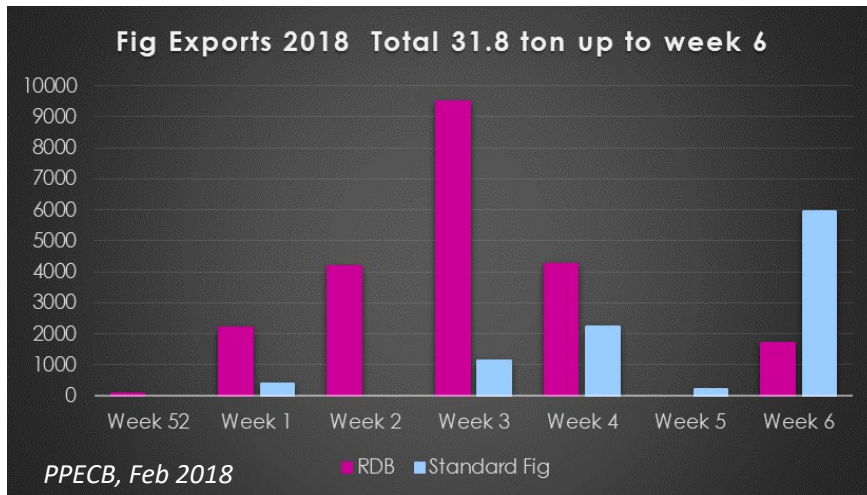
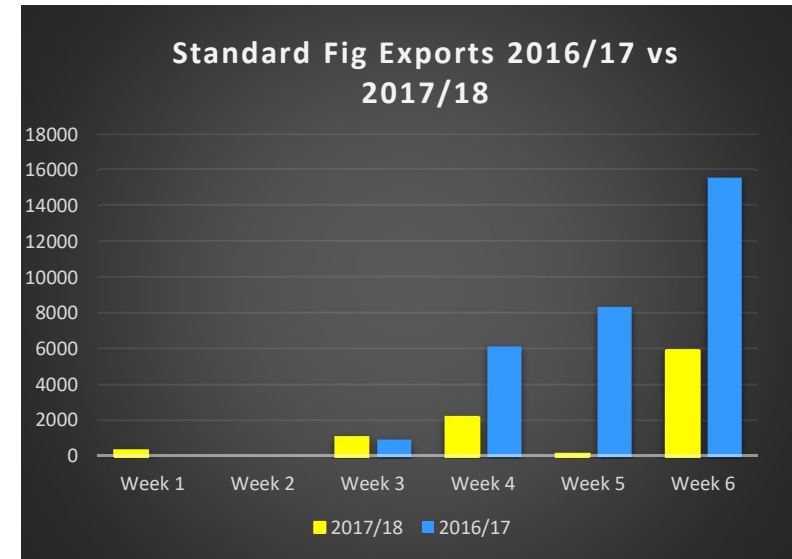
Got water? What is the impact of the drought on our industry?

- Our volumes might be severely impacted...

What's interesting in the world of figs?

- Firmenich Names Fig The 2018 “ Flavour of the Year”

Get the whole article here: www.foodstuffs.co.za/firmenich-names-fig-2018-flavour-year/





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Grilled Fig and Labneh Tartines

Ingredients

- 12 small figs, halved lengthways (I used Rode de Bordeaux figs)
- 2 tbsp pomegranate molasses
- 1 tbsp [Baleia Extra Virgin Olive Oil](#)
- 1 tbsp water
- good pinch of sea salt
- leaves from 2 sprigs of thyme
- 2 bagels, halved
- 75g - 100g labneh (store bought or homemade)
- 1 tbsp chopped pistachios or dukkah (optional)
- few sprigs of thyme for serving



Instructions

1. Preheat the oven grill and place the oven rack about 10cm below
2. Mix the molasses, olive oil, water, salt and thyme leaves and gently mix the figs in the marinade
3. Spoon the figs cut side up into an ovenproof dish and drizzle with the rest of the marinade
4. Grill for 10 minutes until beginning to caramelize (keep watch that they do not burn)
5. While the figs are grilling spread the labneh liberally onto the bagel halves
6. Let the figs cool for a few minutes and spoon on top of the labneh
7. Drizzle with some of the syrup in the oven dish
8. Sprinkle with pistachios or dukkah and thyme for garnish

<http://heinstirred.com/grilled-fig-and-labneh-tartines/>

SAFPA BOARD MEMBERS

- Avril de Villiers (Chairman)
- Meagan Wilson,
- Stephan Venter,
- Helen van der Merwe
- Theuns Stander
- Matthys van der Merwe
- Calle Badenhorst
- Kobus Lourens

FIGS NUTRITION & FIG LEAVES BENEFITS

- 1 POWERFUL ANTIOXIDANTS
- 2 ANTICANCER
- 3 FIGHT ILLNESS
- 4 ANTIBACTERIAL & ANTIFUNGAL
- 5 NUTRIENT-DENSE
- 6 ANTIDIABETIC
- 7 TREAT SKIN CANCER
- 8 ANTI-AGING EFFECTS



Dr. Axe

DRAXE.COM



ICA in Stellenbosch will be using Figs as an ingredient for their New Product Development- they will be presenting their new dishes to a lucky few on the 16th of March.

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