

NO PRESERVATIVES | NO ADDED SUGAR | READY TO EAT SNACK



*καμυλίσσ
ΠΕ Ηα
...τι*



**ADAM
& EVE**

KALAMATA
DRIED FIGS

product of Greece

MMXXIII

NATURALLY DRIED
UNDER THE SUN

*a superfood to be enjoyed
in all seasons*

I. ...ἐνθα δὲ δένδρεα μακρὰ πεφύκασι τηλεθόωντα,
ὄγχνοι καὶ ροιαὶ καὶ μηλέαι ἀγλαόκαρποι
συκέαι τε γλυκεραὶ καὶ ἐλαῖαι τηλεθόωσαι.

Ομήρου Οδύσσεια

II. ...here are planted tall thriving trees - pears,
pomegranates, apples with glistening fruit,
sweet figs, rich olives.

Homer's Odyssey

Ficus Carica

is your everyday delicious fig.

Ficus Carica is what we simply call fig tree and it was spread by the Greeks and Romans throughout the Mediterranean region.



The Greeks started cultivating fig trees since the Homeric times, back in 1100 BC. The most renowned variety was Basilica which was cultivated in Attica.

It is said that one of the reasons why the Persians invaded Greece was to take possession of the much wanted fresh and dried figs.

The word Sycofant comes from the people whose job, in ancient Greece, was to go and see if the figs (syko) were ripe enough to be harvested. Hippocrates, the father of Western medicine, believed that figs protected the body from any poison.

This is why the ancient Greeks offered dried figs at the beginning and end of a meal: to neutralise any unwanted after-effect caused by food.

*I had to introduce
to his audience 2 days
Could hardly speak for*

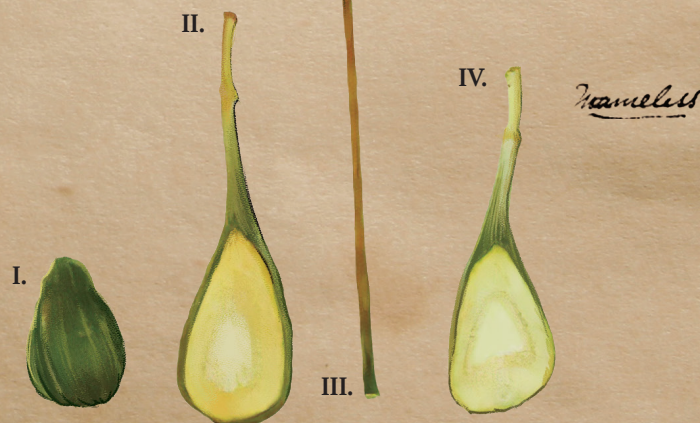
How an ancient superfood is key to today's lifestyle.

Amidst the lush landscape of Kalamata in Messinia, lies a hidden treasure. Ripe, sweet figs, handpicked one by one from the trees are let to dry under the sun the same way it was done thousands of years ago, preserving their rich flavor and nutritional goodness. They are called Adam & Eve.

A true marvel, bursting with health benefits that nourish body and soul. Rich in fiber, vitamins, and antioxidants, they are considered one of the most ancient superfoods. They are packed with dietary fiber, which helps digestion, lower cholesterol levels, and reduce the risk of heart disease.

They contain essential minerals like calcium, potassium, magnesium, and iron, which are important for maintaining strong bones, healthy blood pressure, and normal muscle and nerve function.

They are a good source of antioxidants, which protect cells from damage caused by free radicals and may help reduce the risk of chronic diseases such as cancer, diabetes, and heart disease.



Their quality comes highly certified and they are fleshy and deliciously sweet. As you bite into one of our figs, you are transported to a world of sensory delight. The concentrated deliciousness of the fruit mingles with the subtle notes of the earth, a harmony that can only be achieved through the perfect balance of the land of Messinia.

the products



I. Crown Figs

Kalamata sun-dried figs

Premium quality figs that make a sweet, nutritious, and succulent snack. They can be enjoyed whole or cut into pieces as a topping for salads or as ingredients in your recipes. They are delicious on a cheese platter, as part of a healthy breakfast, or simply enjoyed on their own. Packaged in a traditional round pack



no added sugar



II. String Figs

Kalamata sun-dried figs

Premium quality figs that make a sweet, nutritious, and succulent snack. They can be enjoyed whole or cut into pieces as a topping for salads or as ingredients in your recipes. They are delicious on a cheese platter, as part of a healthy breakfast, or simply enjoyed on their own. Packaged in a practical box

Nameless
L.E. Had



III. Fig Salad Sprinkles

Kalamata figs

refusal was no preservatives condition



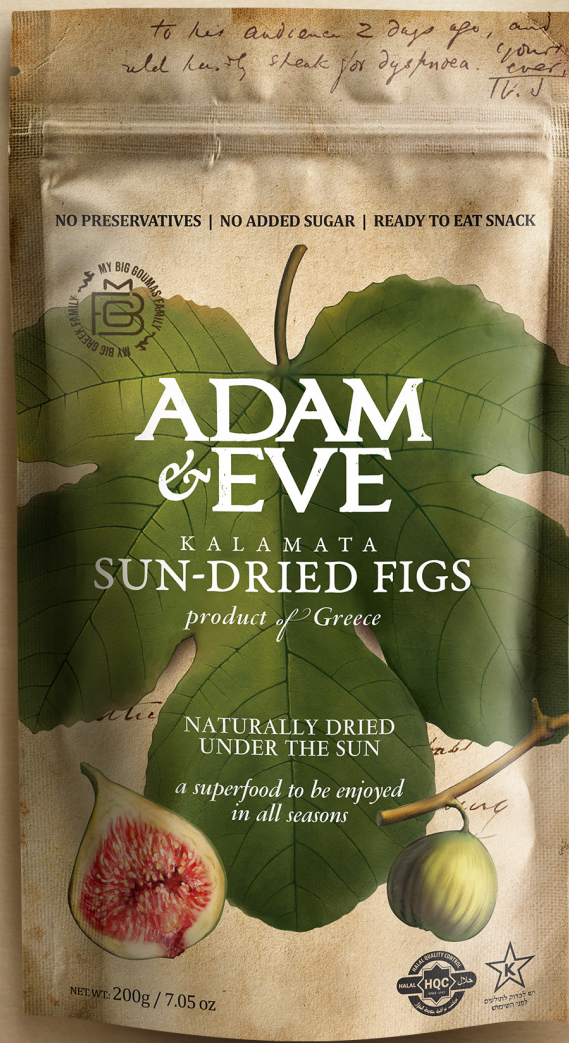
Ready-cut pieces of succulent and nutritious premium quality figs. They can top any salad, ice cream or dessert. They can be used as part of a healthy breakfast with cereals, as topping for yogurt or you can use them as on-the-go snack.

ready to eat snack

IV. Sun-Dried

Kalamata figs

to his audience 2 days ago, and would kindly speak for dyspnoea. and your ever, T.V. J



A ready to eat super healthy snack, in a convenient bag to carry with you at all times. Sweet and nutritious, it can complement your healthy breakfast, can be an added ingredient for your yogurt or enjoyed on their own.



v. Fig Balsamic Vinegar
from Kalamata



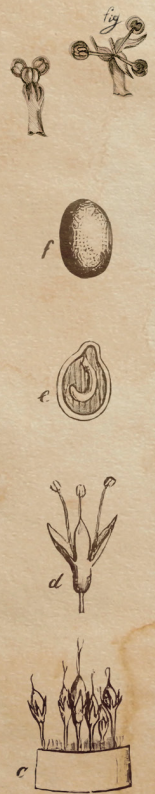
*no
added
sugar*

84817

nameless

L.E. Hall

Hattiesburg

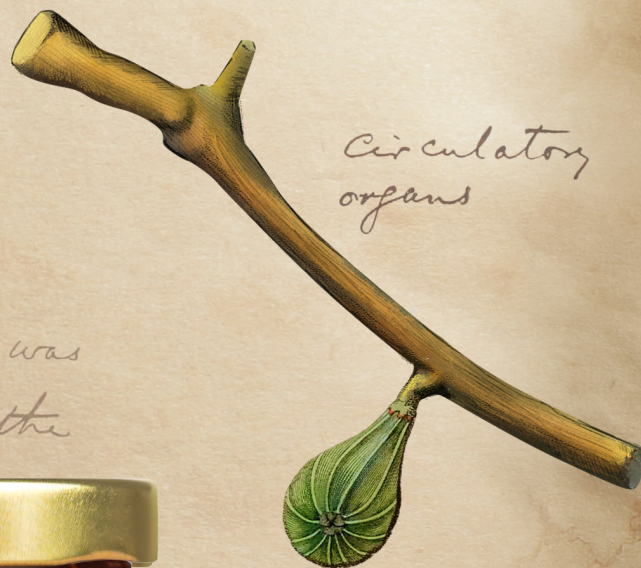


Dense, sweet-sour balsamic vinegar with a mellow fig flavor. Superior in quality, it is the perfect match for any premium virgin olive oil, such as the Faris Extra Virgin Oil from Kalamata. It elevates the taste of any salad and makes an ideal ingredient for dips and glazes.

*ready to
eat snack*

VI. Fig Spread from Kalamata figs

My own ^{utmost} refusal was
imperatively conditioned by the
state of my city
I had to introduce
to his audience
I'd hardly speak



Circulatory
organs

no preservatives

Tastes great as a topper for
ice cream or on a platter with
grilled cheese or charcuterie.
It can also be used in cooking
and baking as an ingredient,
spread it like jam or make
delicious chutney.



imperatively
state



My own ^{refusal} ~~refusal~~ was
 imperatively condition^{ed} by the
 state of my circulatory organs
 I had to introduce Boutroux
 to his audience 2 days ago, and
 wd hardly speak for dyspnoea. ever
 T.V.S

Under the August sun of
 Kalamata the figs, fleshy and
 sweet, yearn for the human
 touch.



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nameless
C.E. Hall

