

a tribute to all the cultures of the world...
... a FIG tribute to

GREECE

"I cannot **teach** anybody **anything**.
I can only make them **think**." Socrates



Socrates



MARCH 2021

BLUE FIG

A culture within all cultures

COFFEE CORNER

In Italy, standing patrons at a coffee-bar order a short espresso, drink it, and depart in a matter of few minutes. In the USA, millions order their coffees "to go" in tall paper takeout cups. Greeks sit down for a coffee or an alternative refreshment and stick around for an average of 93 minutes. That's not a coffee brake, that's a feature film!

No Greek village is complete without the traditional coffee shop, the "kafenio" Is the most important place in the village, the central point of communication, a place to meet friends, to play "Tavli" the Greek version of Backgammon or just pass time by drinking a Greek coffee, tea, fresh juice or a home-made fruit squash. Greek coffee is ordered "sketo"- no sugar, "metrio" equal portions of coffee and sugar or "gliko" more sugar than coffee. The kafenio, the men's coffeehouse, is an altogether Greek institution. You used to see them everywhere, in the main square of every village, in every part of town and at every major city crossroads. Although they may have lost some of their importance nowadays, being replaced by cafeterias, they still exist in the more rural areas, in small towns and on the Greek islands.

Kafenios are where men meet up to talk about the harvest, complain about a bad crop, or

grumble about the failure of Brussels's agricultural policy. Family tragedies and personal crises are discussed alongside with politics. They sit over a cup of mocha coffee, a glass of water, or even a glass of wine or ouzo.

The kafenio is likely to be sparsely furnished with simple chairs and tables, yet there is something enduring and timeless about them which has remained unchanged despite the great social changes within Greece. The classic kafenio has managed to maintain it's role in Greek life in the days of dynamic developments of modern age.

www.athens-greece.us/greek-coffee



<https://bit.ly/3dH9XQm>



<https://bit.ly/3dBdiAn>

BLUE FIG GREEK SPECIALS



GREEK ROOTS



ATHENIAN MYTH

ARTIST OF THE MONTH

MADE NA

(MAKING TREES BY BENDING METAL WIRE)

This might look like a bundle of copper wires up close, but take a step back and you'll be able to see something else. Beautiful Trees! These miniature trees are just like the real ones that so many people have fallen in love with, but these wire trees can last forever!

Ahmad Al Jundi twists, coils, and curls metal wires into these tree sculptures, but none of these movements are random. He's mastered different techniques to ensure that every branch, leaf, and root comes out looking like the real thing, and he's had a bit of practice to get those techniques down. When Ahmad attaches the tree to driftwood, the whole piece comes together. Depending on the size of the tree and the amount of wire used, one tree can take a couple of hours to a couple of weeks to complete. By creating these sculptures, Ahmad encapsulates the beauty of the trees in a way that'll last forever!

© _made_na

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WEIGHT WATCH PROGRAM

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Healthy Lunch/Dinner
Fillet Steak
Male Portion



Nutrition Facts
Serving Size (245g)
Servings Per Container

Amount Per Serving		Calories 460	Calories from Fat 120
		% Daily Value*	
Total Fat	14g		28%
Saturated Fat	4.5g		23%
Trans Fat	0g		
Cholesterol	100mg		33%
Sodium	730mg		50%
Total Carbohydrate	43g		14%
Dietary Fiber	5g		24%
Sugars	5g		
Protein	30g		
Vitamins A 100% • Vitamin C 50%			
Calcium 4% • Iron 25%			

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Calories		Calories	
2,000		2,000	
Total Fat	Less than 45g	45g	45g
Saturated Fat	Less than 20g	20g	20g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	Less than 300g	300g	300g
Dietary Fiber	25g	25g	25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Healthy Lunch/Dinner
Grilled Chicken
Female Portion



Nutrition Facts
Serving Size (255g)
Servings Per Container

Amount Per Serving		Calories 230	Calories from Fat 40
		% Daily Value*	
Total Fat	4.5g		9%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	450mg		30%
Total Carbohydrate	31g		10%
Dietary Fiber	5g		20%
Sugars	5g		
Protein	15g		
Vitamins A 100% • Vitamin C 50%			
Calcium 4% • Iron 10%			

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Calories		Calories	
2,000		2,000	
Total Fat	Less than 45g	45g	45g
Saturated Fat	Less than 20g	20g	20g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	Less than 300g	300g	300g
Dietary Fiber	25g	25g	25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Rocca Salad
Female Portion



Nutrition Facts
Serving Size (195g)
Servings Per Container

Amount Per Serving		Calories 220	Calories from Fat 180
		% Daily Value*	
Total Fat	20g		31%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	520mg		22%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	1g		
Vitamins A 25% • Vitamin C 50%			
Calcium 10% • Iron 2%			

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Calories		Calories	
2,000		2,000	
Total Fat	Less than 45g	45g	45g
Saturated Fat	Less than 20g	20g	20g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	Less than 300g	300g	300g
Dietary Fiber	25g	25g	25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fruit Salad



Nutrition Facts
Serving Size (150g)
Servings Per Container

Amount Per Serving		Calories 80	Calories from Fat 5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	20g		7%
Dietary Fiber	5g		12%
Sugars	14g		
Protein	1g		
Vitamins A 45% • Vitamin C 50%			
Calcium 2% • Iron 2%			

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Calories		Calories	
2,000		2,000	
Total Fat	Less than 45g	45g	45g
Saturated Fat	Less than 20g	20g	20g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	Less than 300g	300g	300g
Dietary Fiber	25g	25g	25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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