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

MEXICO

"What sets worlds in motion is the interplay of differences, their attractions and repulsions." Octavio Paz


Octavio Paz

JULY 2021

BLUE FIG

A culture within all cultures

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COFFEE IN MEXICO

Most of Mexico's coffee is produced on small, individually owned farms, hand picked and dried, which means that Mexico is one of the most prolific producers of certified organic coffee.

There is a wide variety of tastes and overtones due to the different growing regions of the country. The results provide a coffee that is not complex and serves as a base for some very tasty blends

Most of the beans grown in the mountains of Mexico have a nutty flavor and pleasingly light body. Depending on the soil and conditions in which they are grown, the beans can also be the opposite with bright acidity and chocolaty overtones.

Drinking high quality Mexican coffee is a little like enjoying a good, light white wine. The coffee has a light body with a dry, slightly acidic snap. Mexican coffees are often favoriting among coffee drinkers who like their coffee black, because the tasted is not so strong or acidic that it requires cream and sugar to hide the flavor.

Coffee is grown mainly in the South central to Southern regions of the country. Mexico has a long history of coffee production. Coffee from Coatepec and Veracruz is much different from Oaxacan Plumas, which are in turn much different from the southernmost region that borders Guatemala, and you will find similarities between those coffees. In general, you can expect a light-bodied coffee, mild but with delicate flavors.

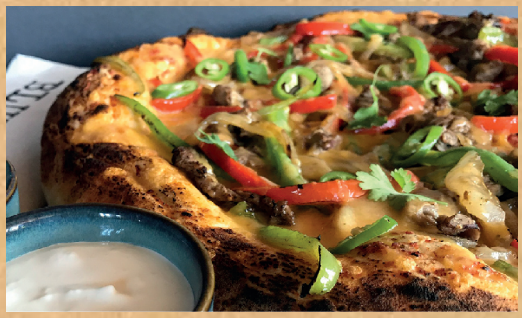
Coffee was introduced into Mexico during the nineteenth century from Jamaica. Mexican Coffee is mainly the Arabic variety, which grows particularly well in the Pacific coastal region of Soconusco. In the early 1990s, the southern state of Chiapas was Mexico's most important coffee-growing area.

The finest grade is "Altura," which means "high-grown" where coffee is concerned, higher always means better, and the high-grown coffees of Mexico are considered very high-quality indeed and among the fines grown in the Americas.

Mexican Coffee drinkers have a unique way of brewing their coffee, many prefer to add a small amount of cinnamon to the ground coffee before brewing, this adds a district flavor and reduces the acidity.

BLUE FIG MEXICAN SPECIALS

Mexican Quinoa Salad



Mexican Fajita Figzza

ARTIST OF THE MONTH

LEEN H.

Leen H. is a self-taught artist from Jordan. She has been passionate about art for quite a long time. Recently, Leen became more and more interested in specific type of art that is abstract painting, and have accordingly developed relevant painting skills using acrylics & oil media on canvas.

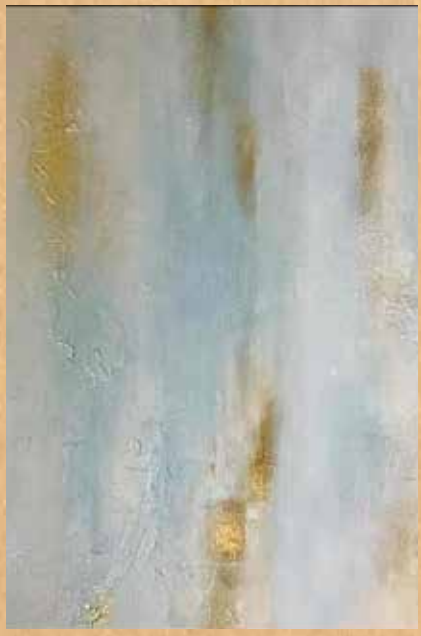
Many artists' works inspire Leen and act as source of motivation for her. She aspires to develop her skills to a level where she would own a unique and distinguished style in art, while still continue to enjoy the process of creating artworks.

This is Leen's first art solo-exhibition where she shares some of her recent abstract art works with the public. The collection's main theme is peace and tranquility.

artofleenh

SEA

FLEUVE



SERENE

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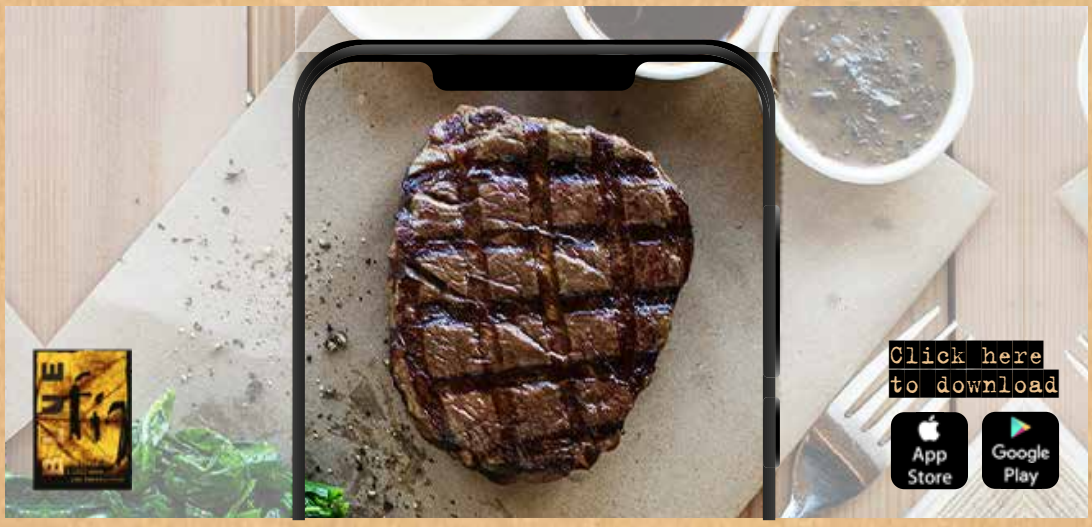
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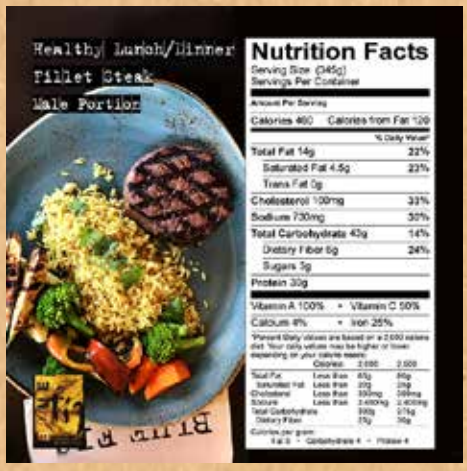
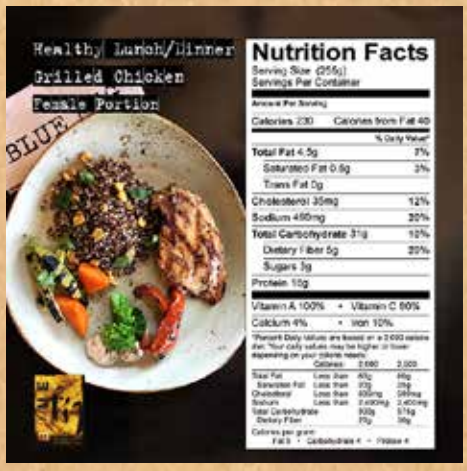
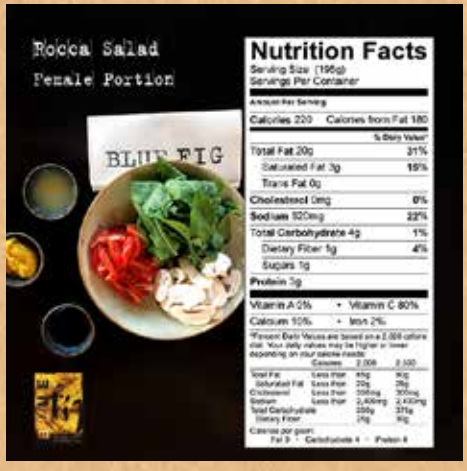
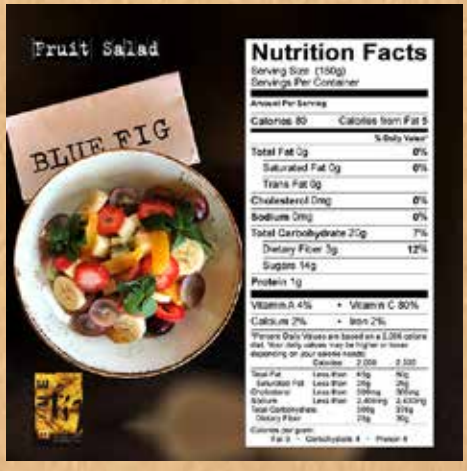

Healthy Lunch/Dinner
Fillet Steak
Male Portion
Nutrition Facts
Serving Size (345g)
Servings Per Container
Calories 460 Calories from Fat 120
% Daily Value*
Total Fat 14g 22%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 100mg 33%
Sodium 730mg 30%
Total Carbohydrate 42g 14%
Dietary Fiber 6g 24%
Sugars 3g
Protein 30g
Vitamin A 100% • Vitamin C 50%
Calcium 4% • Iron 25%


Healthy Lunch/Dinner
Grilled Chicken
Female Portion
Nutrition Facts
Serving Size (255g)
Servings Per Container
Calories 230 Calories from Fat 40
% Daily Value*
Total Fat 4.5g 7%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 460mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 5g 20%
Sugars 3g
Protein 16g
Vitamin A 100% • Vitamin C 60%
Calcium 4% • Iron 10%


Rocca Salad
Female Portion
BLUE FIG
Nutrition Facts
Serving Size (196g)
Servings Per Container
Calories 220 Calories from Fat 180
% Daily Value*
Total Fat 20g 31%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 920mg 22%
Total Carbohydrate 4g 1%
Dietary Fiber 1g 4%
Sugars 1g
Protein 3g
Vitamin A 0% • Vitamin C 80%
Calcium 10% • Iron 2%


Fruit Salad
BLUE FIG
Nutrition Facts
Serving Size (150g)
Servings Per Container
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 3g 12%
Sugars 14g
Protein 1g
Vitamin A 4% • Vitamin C 80%
Calcium 2% • Iron 2%

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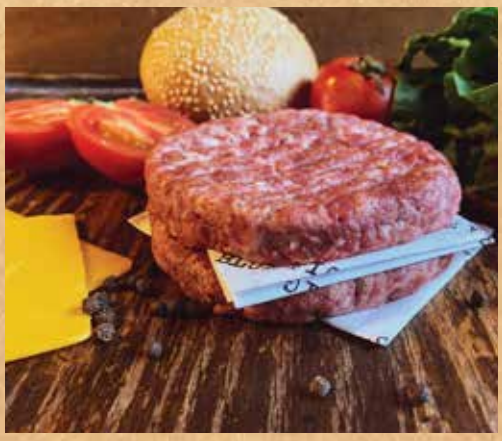
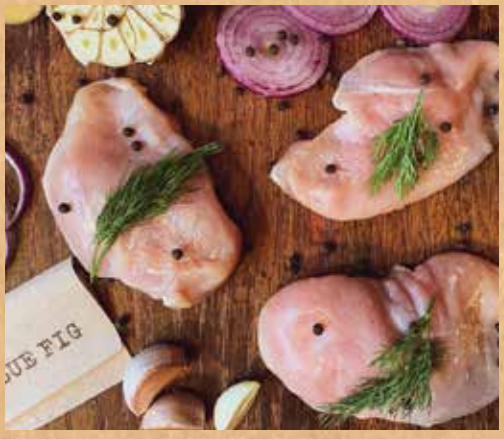


BURGER KIT



CHICKEN KIT

PASTA KIT

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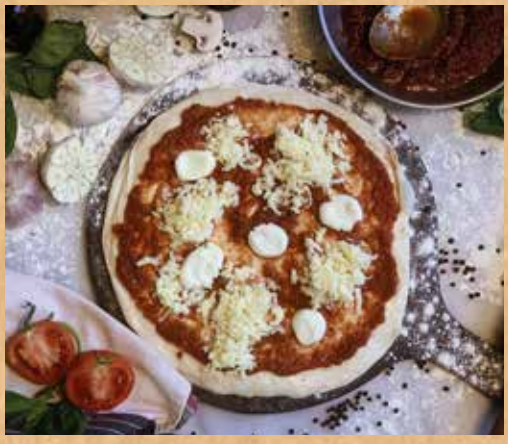

ITALIAN BOCCONCINI

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