



Fichi d'India

*“Prickly pears”
Etna Mountain zone without spears*

The “Prickly pear” (called Fico d’India) is a symbol of sicilianity. It grows in Sicily, especially in the nearest zone of Catania, thanks to the favourable weather conditions and land characteristics that give to the product uncovered skills.





Meravigliosa natura

Agronomical

Producer:	SOAL di Marino T. & C. snc, Strada C.Bosco 23, S.M.di Licodia, Catania, Italy
Production zone:	Catania zone (especially Etna Mountain)
Kind of soil:	Volcanic
Climate:	Mediterranean semitropical characterized by long and drought summer, large temperature difference between night and day
Harvest season:	From July to December
Cultivation methods:	“Scozzolatura” and/or “smammatura”

Characteristics of the product (related to the different cultivar)

Yellow cultivar (nicknamed “sulfarina”):	Compact pulp, yellow and tasty
Red cultivar (nicknamed “sanguigna”):	Compact pulp, red and juicy
White cultivar (nicknamed “muscaredda”):	Almond toffee pulp, white with a light flavour

Characteristic of the product (related to the maturity)

Maturity July - September:	Prickly pear called “Primo fiore” also named “Agostani” or “Latini” with compact pulp
Maturity October - December:	Prickly pear called “Secondo fiore” also named “Scozzolati” or “Bastardoni”, characterized by denseness and highly sugary

Sensory profile

Aspect:	Egg-shaped, without spears
Flavour:	Exotic fruit
Utilization:	It is suggested to eat fresh, for jam, liquor or fruit salads

Other characteristics

Packaging:	Wooden crate, plastic crate or cardboard crate
Properties of ficodindia:	Protection against free radicals and antioxidant
Properties of the leaves:	Diuretic, anty-inflammatory and healing

Nutritional facts (average for 100 g of product)

Calories:	41,00 kcal	Total fat:	0,51 g
Water:	87,55 g	Carbohydrates:	9,57 g
Proteins:	0,73 g	Fibers:	3,6 g

Other information



The “Prickly pear” is also available “peeled” (called “IV gamma”). The product line related to the prickly pears peeled is composed by the fruit peeled and set in a plastic box useful for eating its easily all day. The processing is developed without preservatives focused on compliance with health and respecting the “cold chain”. Those activities ensure high quality, authenticity and flavour. The prickly pear peeled is the right solution for modern fruit consumers.