

The History of How Fruit Evolved in Malta. Is there enough knowledge about it?

Higher National Diploma in Food Preparation and Production Operations

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The History of How Fruit Evolved in Malta. Is there enough Knowledge about it?

I hereby declare that I am the legitimate author of this Long Essay and that it is my original work.

No portion of this work has been submitted in support of an application for another qualification of this or any other higher education institution.

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The Abstract

This research is all about the history of the evolution of fruit in Malta. Do people know about who introduced the figs, grapes and oranges to the Maltese islands? What are the health benefits of digesting these three fruits? What dishes were introduced to Malta or invented by the Maltese themselves? Are there any beverages made using these three fruits? From the research carried out, there is not a lot of knowledge about these questions. Certain participants know certain things whilst others know more or even less. Awareness in schools should be made about the history of fruit in Malta. As Maltese, we should be proud of what we have accomplished and what we now have in the Maltese Islands that is loved by many but envied by a lot. We should be able to tell those who ask us everything about the evolution of fruit in Malta.

Acknowledgements

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Introduction

The purpose of my thesis is to discover the knowledge of the Maltese people when it comes to the evolvement of fruit in Malta. The topic researched will be about the history of how fruit came to Malta and how it has evolved. Who introduced the orange, figs and grapes to the Maltese people? How many people know about the history of these fruits? How have these fruits evolved over the different periods of time? In my studies, the following different age groups will be questioned. With doing so, it will come out if the reason for the knowledge or lack of it has anything to do with age difference.

The history of fruit has a big relevance in the Culinary Arts. It is also important for people of different age groups to have knowledge about the Maltese history when it comes to fruit. This research will mainly detail who were the first people to introduce fruit in Malta and how different species of fruit evolved over time thanks to the different colonies that came to Malta over the centuries. Dishes and beverages that include the three main fruits, the oranges, the grapes and the figs, will also be researched. All the dishes found nowadays came with time and with the introduction of the ingredients brought to the Maltese Islands by the people that came to colonize Malta.

The rationale of the study will be about the amount of knowledge the Maltese people know about fruit and the colonies that came to Malta over the centuries. With the research, the main goal is mainly to figure out the amount of knowledge the Maltese people of different age groups know about the history of fruit in Malta, and if they do not know, what is the reason behind the lack of knowledge? As the title indicates, the research question is “Is there enough knowledge about how fruit evolved in Malta?”. Interviews and questionnaires will be done with different people of different age groups and the three main fruit tackled will be the oranges, the figs and the grapes. The people interviewed will be asked different questions about the history of fruit in Malta and with the answers given an answer to my research question will be found.

The study mainly relates to tourism and culinary arts. The study relates to tourism because the people that colonised Malta centuries ago and introduced new food to Malta for the Maltese to enjoy were also tourists as well as being colonisers. It also relates to tourism because tourists will want to find out about the food history in Malta, and if the Maltese people lack in knowledge, they cannot pass on what they know to the tourists. Culinary arts are a relevance to the research due to the topic discussed is related to food, specifically the history of fruit.

The hypothesis of this research is that Maltese people are not that educated enough when it comes to the history of food. They might not be educated enough at school due to the belief that there is not enough relevance to the everyday life. History in school was mainly about events that happened in Malta that were important enough to put in the curriculum for the younger generations to study and learn. Culinary history was never important enough. It might also be due to the fact that people might not care enough to research and find out about the History in Malta.

With the research the scope is to find out how much do the Maltese know. How can Maltese tell the history of food in Malta to tourists if they do not know about it themselves? Maltese should be proud of the history of food and should be able to talk about it to tourists who come to Malta just to visit the country and learn all about Malta. Awareness is also the aim of this research. With the interviews, the people who do not know that much about the history will get an insight about the topic and will want to find out more. Basically, the aim of the study is to raise awareness about knowledge.

Literature Review

The evolvement of Fruit is not just about who introduced and brought the figs, the oranges and the grapes to the Maltese Islands. That is the first step of a journey that leads us to today. After these fruits were brought to Malta studies were made around the world and the Maltese people learnt of a lot of health benefits that were found. Dishes and Beverages were introduced and created.

The History of Fruit

All the food that we have nowadays came through time. There is a vast history of people visiting and colonising Malta, due to its geographic position in the Mediterranean. Some stayed for centuries whist some left after a short time. Malta was a colony for hundreds of years before it took Independence.

The Phoenicians

Malta is known for being colonized since 1000BC. After the arrival of the Bronze age people, the first people to colonize Malta were the Phoenicians. In 720 BC the Phoenicians colony founded in Malta, and many fruits that is known nowadays have been brought here by them. Some of them were the apples, the pears and the melons. They used to eat a lot of fruit and carried them with them in every country they colonized. Two of the main three fruits talked about in this research, the figs and the grapes were also introduced to the Maltese people by the Phoenicians.

The Romans

By 300AD, the Romans came to Malta and fruit became very popular. Their diet consisted mainly of fruit and vegetables due to their vegetarian diet, and fruit was consumed in high amounts. They used to cultivate them themselves and those that they could not grow they used to get from Africa. Peaches, Cherries, lemons, melons and more were brought from other regions of the imperium. Fruit and Vegetable consumption was very important during that time and every roman household used to have a garden where they used to grow a lot of fruit and vegetables by various methods of irrigation, fertilisation, and cultivation.

The Arabs

During the Arab colonization, people only used to consume food that was available on the island. Farmers used to eat mainly fruit and vegetables. The Arabs were known for their cultivation of melons, watermelons, peaches and figs. They were the ones that introduced the citrus fruits in Malta, as well as sugar. Due to the religious beliefs, the cultivation of grapes was diminished. Despite this fact, grapes were not prohibited, in fact they were appreciated.

During the Islamic Period, peoplebegan cultivation their own oranges, which used to grow in places like India and China before. This helped them to get the Vitamin C. Due to the hot climates, the Arabs introduced the art of food preservation to Malta, which is why nowadays we find candied peel in Malta’s Sweets.

The Knights of St. John

During the Knights of St. John’s colonisation, Malta used to produce a large amount of fruit and vegetables. In Malta melons, apples, peaches, lemons and pears used to be highly sold. During this time, a large amount of citrus was sold and consumed and there was a lot of citrus trees cultivated for use. During this time, it was said that fruit was it best it could ever be and it was the biggest fruit ever cultivated and consumed. In 1647, Gan Frangisk Abela remarked that that the oranges and lemons were the most famous fruit in Malta. They were even sent to Rome and France due to being renowned for their size and deliciousness. During this period, despite the fact that grapes were still being cultivated and grown, wine making diminished. This period is also known for the lemonade refreshments made with lemons, oranges and ice.

19th Century onwards

During this period, figs and grapes became an integral part of meals for people who worked in the fields. They used to consume a lot of ‘tin tac-cappa’ and grapes apart from bread, cheese and melons. Even during festivities ‘tin imqadded’ and wine were consumed apart from bread and cheese.

During this time, on the markets, on could find a huge quantity of fruit which included figs and grapes, apart from other fruit like peaches, melons, apples and strawberries.

In 1814, Fredrick Lacroix, stated that the orange is the queen of all the Maltese fruit, due to the excellent quality, in fact, according to him, it could be considered the best in the Mediterranean.

The Modern Days

Nowadays, the taste of wine has become better than in the precedent periods. Before, a lot of additives were added to wine therefore wine used to taste differently. In this period soft drinks became popular and there was the introduction of Kinnie made from bitter oranges. The demand for oranges increased during this period and the reason behind this was due to the nutrients found in the oranges. Ready-made orange juice was introduced as well due to the high demand.

Citrus Fruits – The Oranges

The best time for all citrus fruits, the oranges included, is from mid-December to March. Due to the sun, the skin would have thickened and the juice within is conserved making the taste better. Hal-Lija, H’Attard and Hal-Balzan are the three cities in Malta that, since the Knights of St. John, have been the gardens where the citrus fruit are cultivated and grown.

Figs

The fig tree, also known as ‘Ficus Carica’, is originally from the Middle East, but adapted well to the Mediterranean climate and more than 30 different types of fig trees used to be grown in Malta, despite the decrease in number nowadays. The ‘bajtar ta’ San Gwann’ can be found around mid-July and they are usually sought after due to their taste. The ‘tin’ are grown from the same tree the ‘bajtar ta’ San Gwann’ are grown on but they are good for consumption around a month and a half after the latter figs are finished.

Grapes

The Maltese grapes include the ‘Gellewza’ and the ‘Ghirghentina’. Due to the hot cand humit climate in Malta, grapes mature quicker than in other parts of the Mediterranean. Grape harvest is usually between August and September.

Health Benefits and Medicinal Properties of the Oranges, the Grapes and the Figs

Oranges are rich in Vitamin C, which are good for the health and helps prevention against colds and diseases. They are also rich in phytochemicals that help in the protection against cancer. Since containing fibre, they are also beneficial in lowering cholesterol. They also aid in constipation, help maintain normal blood pressure and protect the skin.

Figs are rich in fibre, vitamin B6 and Calcium. They can help in weight loss, lower blood pressure, help control diabetes, strengthen the bones, lower cholesterol and help when constipated.

Grapes are rich in Vitamins B6, A, C, and K. They also contain proteins, fibre and antioxidants. They are beneficial for health as they help prevent heart diseases (that is why studies show that a moderate amount of wine helps against heart problems, especially red wine). Grapes also help lower LDL cholesterol which is considered the bad cholesterol. Other benefits include bone strengthening, aiding in constipation, helping with diabetes and asthma.

Some Maltese Dishes, Sweets and Beverages that include figs, grapes, and oranges.

* ‘Konfettura’ – Candied Peel that is made out of oranges.
* ‘Kannoli’
* ‘Torta tal-Marmurrat’
* ‘Kwarezimal’
* Marzipan Sweets
* Treacle Rings
* Chestnut Tartlets
* Sweet Ricotta Tart
* Date Filled Diamonds also known as ‘Imqaret’
* Onions stewed in wine and fresh herbs
* Cesare Borgia Sauce – using red wine
* Artichokes cooked in wine
* Cauliflower stew with Sultanas added
* Turtle Stew (nowadays it is illegal to cook this dish but about 50 years ago sultanas were added to the stew)
* ‘Lampuki’ Pie with sultanas
* Boiled wheat mixed with sultanas and nuts
* Figs with Cloves, bay leaf, aniseed and chopped nuts
* Fig, Orange Liqueurs
* Maltese Wine
* Orange Juice
* Kinnie

From being introduced to the Maltese Islands these three fruits have gone a long way. Health benefits have been found all over the world that can help with certain illnesses and diseases. Dishes and beverages were invented that have been in the Maltese families for decades and are still being done nowadays, creating nostalgia for the people of older generations.

Methodology

This chapter is about the methods of research chosen to conduct this survey and about how the data collected will be generated and analysed. In this chapter, the aim of this research and the reasons behind the questions chosen will be cited.

The type of research chosen is qualitative research. The reason behind the research being qualitative is that, there are less than 50 questionnaires to be handed out and that the questionnaires and interviews are unrestricted and the data is non-numerical. The reason behind this is so that different opinions and perspectives can be explored and that responses given by the participants will be compared to the data found by the person asking the questions. Certain questions will be answered with a yes or no response so that a comparison will be made on how many people will answer yes or no. Only the first three questions including the gender, age and occupation will contain a choice so that some basic information about the participants will be gathered. Quantitative research was refuted because there was not a lot of questionnaires handed out due to not needed a lot of information and the data will not be calculable. This research is more of a quality over quantity research. Some of the data that will be found out from this research will be compared to secondary supported data found from books and online studies. This will show the knowledge of the participants about the subject.

The aim of this research is to identify the amount of knowledge Maltese people have about the history of fruit evolution in Malta. The data will be collected via questionnaires and interviews that will be handed out and sent to a variety of participants for them to fill out. Some of the questionnaires will be sent to people via email to be filled by them. Other questionnaires will be done as interviews since not everyone has access to the computer and not everyone is able to read and write in English due to their ages.

The questionnaires will be divided into age groups. The reason behind this is to find out the different knowledge of people of different ages. The ages are divided into 4, 18-30, 31-50, 51-70 and 71 and over. After the questionnaires are done, the analysis will be based on the different age groups.

Apart from the different ages, different occupations will be chosen. The reason behind this is to see whether, due to the type of work they do, if it effects the choice of where they purchase their fruit from. Normally people that work at home have more leisure to choose where they buy their fruit from, whilst people that work odd hours or long hours will not have the leisure to go buy where they want due to the time limit that they have. The type of work they do might also cause them to know more or less about the history of fruit. Both female and male candidates will be chosen to answer this questionnaire.

The questions are divided into two parts. The first part includes questions of personal reflection. The first two questions ask the gender and the age of the participants. The other questions are about their preferences when it comes to fruit shopping, and whether they prefer local or imported fruit. The reason behind these questions are to see if local fruit is still of importance to the Maltese people, and whether green grocers, farmer’s markets and vegetable hawkers are still in the demand or at a decrease, in short, ‘Convenience Vs Quality’.

The second part of the questions include knowledge about the history of the three fruits chosen; the figs, the oranges and the grapes. As well as questions about the nutritional value and medicinal content of the three fruits. These questions will be asked to find out whether people eat these fruits for their nutrients or just because they enjoy the taste. Participants will be also asked about recipes of past and present where these fruits were and are added to dishes and beverages. This will show the knowledge of the participants when it comes to Maltese cuisine and dishes that are made in Malta. These questions will also be of a learning opportunity as new information that maybe is not well known will become known once the results are analysed.

When the pilot questionnaire was done, certain terminology had to be arranged to be linguistically correct and certain questions that did not make a lot of sense were arranged or removed.

Due to the limited word count, not a lot of questionnaires will be handed out. The more information to be analysed, the more the word count will go up so the questionnaires will be limited to 12 to limit the amount of information to be analysed whilst still having enough information for the analysis. One more limitation included is the fact that not everyone has access to the internet and not everyone understands English or is able to write well in English, therefore certain questionnaires will have to be done as interviews so that the questions being asked are translated in Maltese and explained to the participants that will not comprehend.

Analysis of Results

Question 1

Out of the 12 participants, 7 were female, and 5 were male.

Question 2

Out of all the participants, 4 were between the ages of 18 and 30, 4 were between the ages of 31 and 50, 2 were between the ages of 51 and 70 and 2 were between 71 and over.

Question 3

6 of the participants work full-time.

3 of the participants work part-time.

3 of the participants work at home.

Question 4

From where do you normally buy fruit?

4 participants chose **local vegetable hawkers.**

3 participants chose **supermarkets.**

No participants chose the **Farmer’s Market.**

9 Participants chose **Green Grocers.**

The reasons given were that due to personal reasons, one participant cannot go to purchase fruit herself, therefore whoever buys the fruit for her buys it from where they find convenient. A male in his 70s stated that he does not normally buy the fruit, which means that others buy the fruit for him. A female with the age between 51 – 70 stated that she prefers green grocers as the fruit is inside and not exposed to the sun all the time. Due to their work, some participants said that they buy fruit from where it easily accessible by car after work.

Question 5

The reason behind choosing local fruits was that the taste sweeter and when left under the sun the taste gets better.

Question 6

The participants that stated that demography is important gave the reasons that local fruit are fresher.

Question 7

All the participants stated that they prefer freshly squeezed oranges rather than orange juice from the packet.

The main reasons why freshly squeezed oranges are more sought-after than oranges juice from the packet was because the taste is better and they are healthier than orange juice from the packet due to not having any preservatives added. Some stated that they even choose the oranges themselves so that they make sure that the oranges are not imported. The Maltese orange has always been a favourite amongst the Maltese as has been found from this survey. From research found on books it has been found that the Maltese orange is so good that it has been exported to other countries due to its deliciousness. Basically, periods have passed but the importance of the Maltese orange is still prominent.

Question 8

Do you know who introduced oranges, figs and grapes to the Maltese Islands?

The 2 participants stated that the Arabs were the ones to introduce the oranges to the Maltese islands which was correct.

Only one of the two participants answering the question answered correctly by stating that the figs were introduced by the Phoenicians. The other participant said that it was the Arabs.

Only one of the two participants answering the question answered correctly by stating that the grapes were introduced by the Phoenicians. The other participant said that it was the Arabs.

Question 9

Only one participant knew that it was the Arabs that introduced the art of preservation to Malta and the Mediterranean. The other participant thought that it was the Romans. Despite not knowing the answer a lot of participants knew about some types of preserved fruit. The most common one written down was the ‘tin tac-cappa’ a common fruit eaten since figs were introduced. No one mentioned candied peel, the preserved fruit introduced by the Arabs.

Question 10

Do you know about the nutritional value of these 3 fruits?

All the participants answering the question stated that oranges contain Vitamin C. Since finding out about the nutritional value of oranges and its benefits a lot of people started to consume more oranges.

The correct answers given were fibre and vitamins. As found from research, figs contain fibre which help with constipation. Figs also contain calcium that help with bone strengthening. There is limited knowledge on the nutritional value of this fruit.

The correct responses where vitamin C and antioxidants. There is not a lot of knowledge regarding the health benefits of grapes.

Question 11

Only 2 responses were correct when they stated that it was due to the Arabs. Since the Arabs forbade alcohol, grapes subsided, even though they were still eaten.

Question 12

Do you know the medicinal property of any of these fruits?

All the responses were correct as they stated that oranges help prevent colds due to the Vitamin C found in them. What was found from research was that vitamin C helps to prevent Cancer which none of the participants knew.

One of the participants did not know the medicinal value of figs but stated that when she was young (she is now in her 70s) ‘tin tac-cappa’ was used to prevent hunger. Despite not being medicinal, it is interesting to find out how this fruit was used in the 1960s. From research, it was found that who did not afford certain food used to fill up on food like the figs to stop their appetite. Only 2 participants knew about figs helping against constipation.

The only answer to this question was cancer. As found from the research and books, grapes, and wine, are helpful to prevent heart diseases that are becoming more common as years pass. Grapes are also beneficial for bone strengthening.

Question 13

Do you know in which months these fruits are in season?

Only 3 people got the correct answer or had an idea as to when the oranges are mostly in season. The oranges are mostly in season between the months of December and March.

All the participants who stated that they knew when figs are mostly in season were correct. Around mid-July the first harvest (‘bajtar ta’ San Gwann’) can be found, whilst around end of August the ‘tin’ are found.

6 participants knew the correct months when the grapes are in season. Grapes are usually in harvest around August and September.

Only 2 out of the 12 participants knew the months of all the three fruits, with one of the participants being a gardener. The others either did not know the answers, didn’t know all the answers, or got the answers wrong. This means that not a lot of people know about the harvest months.

Question 14

Do you know of Maltese recipes where these fruits sere used?

9 out of the 12 participants knew some recipes which included oranges as an ingredient.

Orange peel – used in puddings, cakes, ‘prinjolata’, honey rings, imqaret, imbuljuta, orange cake, for marination purposes.

Only 7 out of the 12 participants knew recipes which included figs as an ingredient.

Some include the ‘tin tac-cappa’ with aniseed liqueur, fig chutney, Fig and Nut tart (the San Martin Tart),

6 out of the 12 participants knew recipes which included grapes as an ingredient.

Wine for Stews

In Gozo, sultanas were added to pies and ‘qassatat’ with dried goat’s cheese. These were eaten on Good Friday. As well, in the olden days, rich families used to have turtle stew and sultana was added.

Sultanas – used in fruit cakes.

A lot of recipes were found from books that talk about food and cuisine in Malta. Most of the participants knew a dish or two that could be found in these books.

Question 15

Do you know of any beverages that are made using any of these three fruits?

All 12 participants knew a beverage that has oranges as an ingredient.

* Orange Juice
* Orange Liqueur
* Kinnie

8 out of the 12 participants know about the fig liqueur made in Malta

All 12 participants knew a beverage that included grapes as an ingredient.

* Wine
* Sparkling Wine

The most common beverages were the wine and the orange juice that have been popular since the Phoenicians and the Arabs introduced grapes and oranges to the Maltese Islands. What was common and popular during those times is still popular nowadays.

From this research, what was mostly found was that people over the age of 50 tend to know more about the dishes and the months when the three fruit are in season. People under the age of 50 are more aware of the health benefits that can be found in these fruit and medical properties these fruits have. People from the age of 18 to the age of 30, despite their occupation know much less.

Conclusion and Recommendations

This research was all about the evolution of the figs, the oranges and the grapes and if there is enough knowledge about this subject. History of the evolution is not just about who brought to Malta the three fruits talked about in this study. It is also about the revelation of health benefits. It is also about the knowledge of certain dishes that were or are still made using these three ingredients. From this research all of the aforementioned were found. It was found that older people know more about dishes and their personal versions, and old traditions as well. People over the age of 50 know more about the health benefits that these three fruits have to offer due to research done and the emphasis on awareness. People under the age of 30 seem to know less which is a shame. A small percentage knew about the history and about the Phoenicians and the Arabs who were the first people to introduce these three fruits to the Maltese Islands amongst other things. I am of the belief that schools should increase the knowledge of the students about this subject. As Maltese, we should know about our story so that when tourists come to Malta and ask, we are proudly able to answer.

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Appendices

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male 🞏 Female ◼

1. Age

18 – 30 🞏 31 – 50 🞏 51 – 70 ◼ 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time 🞏

At Home ◼

Specify: Housewife

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? Most convenient for me.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local fruits, because foreign fruit although appealing to the eye, is neither as sweet or as good as local.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

Yes, I prefer the fresh taste of the local fruit, and I find it to be more genuine.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges as they contain less sugar, they are healthier and they taste better.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge about this question.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question.

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Vitamin C decreases the chance of catching a cold.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges December.

Figs Summer Period.

Grapes September.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges For marination purposes, and the peel and juice are also used in a selection of desserts.

Figs ‘Tin tac-cappa’

Grapes I have no knowledge about this question.

1. Do you know of any beverages that are made using any of these three fruits?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges ‘Rugjata’.

Figs I have no knowledge about this question.

Grapes Wine.

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male 🞏 Female ◼

1. Age

18 – 30 ◼ 31 – 50 🞏 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time ◼

Full Time 🞏

At Home 🞏

Specify: Commis Chef, full time student

1. From where do you normally buy fruit?

Local Vegetable hawkers ◼ Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? Green grocer because it is not far from where I live. Farmers market they have more affordable products, a bigger option of fruit and veg. local vegetable hawkers because it is not far and I trust them more with the product they are selling me.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local Fruit because taste wise I find that the taste is better.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

Yes, because as a chef I think that it will make a difference in the taste and some product are better grown in different locations due to different kind of soil, water used in different locations and even that area if for example there are more fields.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

Fresh because I don’t like the taste of readymade orange juice and they are too sweet as well.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge about this question.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question.

1. Do you know the medicinal property of fruit? Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges November.

Figs End of July to beginning of August.

Grapes May – June.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Honey ring, Sweet pastry for ‘figolli’.

Figs Fig and Nut Tart (San Martin Tart).

Grapes Maltese Bread Pudding.

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Kinnie, Orange Liqueur.

Figs Fig Liqueur.

Grapes Wine.

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male ◼ Female 🞏

1. Age

18 – 30 ◼ 31 – 50 🞏 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time ◼

Full Time 🞏

At Home 🞏

Specify: Chef.

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? They sell fresher fruit than the supermarkets.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local Fruits because they taste better even though they do not look appealing.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

For me demography is important but due to the lack of time I buy from where I find.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges because they are fresher and there are no preservatives

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify Arabs.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify Arabs.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grapes

If Yes Kindly Specify Arabs.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes ◼ No 🞏

If Yes specify and mention one type of preserved fruit.

The Romans. One type of preserved fruit is apricots.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

Because there was the introduction of Ale.

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges To help prevent colds.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges April – May.

Figs July – August.

Grapes September.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges ‘Imqaret’, honey rings, ‘imbuljuta’.

Figs San Martin tart.

Grapes Bread Pudding.

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Liqueur, Kinnie.

Figs Fig Liqueur.

Grapes Wine.

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male ◼ Female 🞏

1. Age

18 – 30 ◼ 31 – 50 🞏 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time ◼

At Home 🞏

Specify: Freeport.

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? Most convenient for me.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local fruit as it tastes better.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

Not really, as long as it is good, however I found that local fruit is always best.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

Fresh, healthier and I prefer the taste.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge about this question.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question.

1. Do you know the medicinal property of fruit? Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange peel is used in many desert dishes, ‘priniolata’ etc.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know of any beverages that are made using any of these three fruits?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges Sangria.

Figs Fig liqueur.

Grapes Wine.

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male 🞏 Female ◼

1. Age

18 – 30 🞏 31 – 50 ◼ 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time ◼

At Home 🞏

Specify: Nurse.

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets ◼ Farmer’s Market 🞏 Green Grocers ◼

Why? Supermarkets and green grocers are available for me because of my work.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local Fruit cause they are fresher.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

No it makes no difference to me.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges because they contain more Vitamin C and the taste is better.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

Figs, Dates, Apricots.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify Fibre.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question.

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Good against colds.

Figs For constipation.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes Summer Months.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Duck with Oranges.

Figs ‘Pudina’ with Figs.

Grapes I have no knowledge about this question.

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice.

Figs Fig Liqueur.

Grapes Wine.

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male 🞏 Female ◼

1. Age

18 – 30 ◼ 31 – 50 🞏 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time ◼

Full Time 🞏

At Home 🞏

Specify: Chef

1. From where do you normally buy fruit?

Local Vegetable hawkers ◼ Supermarkets ◼ Farmer’s Market 🞏 Green Grocers 🞏

Why? Hawkers because the fruit is fresher and cheaper and supermarket when I dont have time to go to the hawkers

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local as it is much fresher and taster.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

I would rather buy from a place that is near my house/ place of work. It doesnt make a diffrence where it was cultivated for me.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

Freshly squeezed, it tastes better and has much less sugar.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge about this question.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify Vitamins.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grapes

If Yes Kindly Specify Vitamins.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question.

1. Do you know the medicinal property of fruit? Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know of Maltese recipes where these fruits sere used? Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice.

Figs Fig Liqueur.

Grapes Wine.

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male ◼ Female 🞏

1. Age

18 – 30 🞏 31 – 50 🞏 51 – 70 🞏 71 and over ◼

1. Do you work

Part Time 🞏

Full Time ◼

At Home 🞏

Specify: Mechanic Engineer

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers 🞏

Why? I don’t normally buy the fruit

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

I prefer local fruit as it tastes better.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

No, it is not important to me.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges as there are no preservatives. I also prefer them as I can choose Maltese Oranges to use.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge on who introduced preservation to Malta but I know some types of preserved fruit. They preserve grapes for wine and figs are also preserved (*tin tac-cappa*).

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

The cultivation of grapes subsided due to health.

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges To help prevent against colds

Figs I have no knowledge about this question

Grapes I have no knowledge about this question

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges November - December

Figs June

Grapes March

1. Do you know of Maltese recipes where these fruits were used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges I have no knowledge about this question

Figs I have no knowledge about this question

Grapes Wine is added to make stews

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange liqueur

Figs ­No

Grapes Wine

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male 🞏 Female ◼

1. Age

18 – 30 🞏 31 – 50 🞏 51 – 70 ◼ 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time 🞏

At Home ◼

Specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? ­­Fruit is inside and not exposed to the sun

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

­I prefer local fruit as it is sweeter in taste.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

No, it is not important to me.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges as they are better.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge about who introduced preservation but I know that figs can be preserved.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Against colds

Figs I have no knowledge about this question

Grapes I have no knowledge about this question

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges December - May

Figs June - August

Grapes June - August

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Peel – used in puddings and cakes

Figs I have no knowledge about this question

Grapes Sultanas – used in fruit cakes

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice

Figs I have no knowledge about this question

Grapes Wine

The History of how Fruit Evolved in Malta. Is there enough knowledge about it?

My name is Deborah Bezzina and I am currently during my 4th year of studies at the Institute of Tourism Studies in Food Preparation and Production Operations. As part of my course I have to write a long essay. The topic chosen is about fruit that was imported on the island and how these fruits have been embraced in our culture. For my studies I have chosen to do a research on how exactly these fruits were introduced to the island and dishes or preserves using these fruits. My main focus will be about the oranges, grapes and figs. I would really appreciate it if you would take some time to answer these questions which will help me generate findings about my topic.

1. Gender

Male ◼ Female 🞏

1. Age

18 – 30 🞏 31 – 50 ◼ 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time ◼

At Home 🞏

Specify: Gardener

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? It is convenient to buy from them.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

Local Fruit because the taste is better.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

Yes, it does make a difference for me because fruit cultivated in the north are better because the water used to water them is better. The sun falls from the north as well therefore the product tastes better.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

Freshly squeezed orange because the packet one will be added sugar with no vitamins and the freshly squeezed will be more flavour and full of vitamin c

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I have no knowledge about this question.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Rich in Vitamin C.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify Rich in Iron.

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question.

1. Do you know the medicinal property of fruit? Yes 🞏 No ◼

If Yes kindly specify.

Oranges I have no knowledge about this question.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges From December till April.

Figs June.

Grapes September.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Marmalade, Orange Sauce.

Figs Fig Chutney.

Grapes I have no knowledge about this question.

1. Do you know of any beverages that are made using any of these three fruits?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice.

Figs Fig Juice.

Grapes Grape Juice.

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1. Gender

Male ◼ Female 🞏

1. Age

18 – 30 🞏 31 – 50 ◼ 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time ◼

At Home 🞏

Specify: Architect

1. From where do you normally buy fruit?

Local Vegetable hawkers ◼ Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers 🞏

Why? It is easily accessible to buy from hawkers when passing with the car.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

I prefer local fruit as it is fresh and tastes better.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

For me it is important as I would be certain the fruit are local and are fresher.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges so I would make sure that Maltese Oranges are used to make the orange juice.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes ◼ No 🞏

If Yes specify and mention one type of preserved fruit.

The Arabs knew the art of preservation and introduced it to the Maltese Islands. Types of preserved fruit include preserved tomatoes, preserved figs, preserved lemons, and oranges for jam.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

Cultivation of grapes subsided due to the Arabs being Muslim and not allowed to drink alcohol. Grapes were used to make wine so to prevent that, they decreased the cultivation of grapes to the Maltese Islands.

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges They are beneficial to prevent colds.

Figs I have no knowledge about this question.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges June - August

Figs June - August

Grapes June - August

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Used to make jams

Figs Used to make Christmas Cakes, they used to make as well ‘tin tac-cappa’ with aniseed liqueur.

Grapes I have no knowledge about this question

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice

Figs Fig liqueur

Grapes Wine, Sparkling Wine.

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Male 🞏 Female ◼

1. Age

18 – 30 🞏 31 – 50 🞏 51 – 70 🞏 71 and over ◼

1. Do you work

Part Time 🞏

Full Time 🞏

At Home ◼

Specify: N/A

1. From where do you normally buy fruit?

Local Vegetable hawkers 🞏 Supermarkets ◼ Farmer’s Market 🞏 Green Grocers ◼

Why? I cannot go buy the fruit myself so I have to ask others to buy fruit for me. These are the places where they usually go buy the fruit from.

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

I prefer local fruits as they are sweeter even when left outside under the sun (*misjur bix-xemx*).

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

No, it does not make a difference to me.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed orange juice as it tastes better and it is healthier.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

I do not know who but I know about some preserved fruit. There is the ‘*Tin Imqadded’* which is put in wooden crates with bay leaves stuffed in between the figs and left to dry. They can be found both in Malta and in Gozo. There is as well the ‘*Tin tac-cappa’* which is immersed in alcohol (*menta*) and bay leaves. These can be found in Malta.

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C

If No Kindly State Why

Figs

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If No Kindly State Why I have no knowledge about this question.

Grapes

If Yes Kindly Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_`

If No Kindly State Why I have no knowledge about this question.

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

I have no knowledge about this question

1. Do you know the medicinal property of any of these fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges It keeps you healthy, that is why we take an orange a day. It helps to prevent colds (*influenza).*

Figs When I was young, we used to take ‘*Tin tac-cappa’* to prevent hunger.

Grapes I have no knowledge about this question.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges April - May

Figs June

Grapes September – October (After the Victory Feast)

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges I have no knowledge about this question

Figs I have no knowledge about this question

Grapes In Gozo, sultanas were added to pies and ‘*qassatat’* with dried goat’s cheese. These were eaten on Good Friday. As well, in the olden days, rich families used to have turtle stew and sultana was added.

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice

Figs I have no knowledge about this question

Grapes Wine

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1. Gender

Male 🞏 Female ◼

1. Age

18 – 30 🞏 31 – 50 ◼ 51 – 70 🞏 71 and over 🞏

1. Do you work

Part Time 🞏

Full Time ◼

At Home 🞏

Specify: Education

1. From where do you normally buy fruit?

Local Vegetable hawkers ◼ Supermarkets 🞏 Farmer’s Market 🞏 Green Grocers ◼

Why? They are easily accessible and offer a variety of products

1. Do you prefer Local Fruits or Imported Fruits? State why you prefer to buy local or imported fruits.

I prefer local fruits. They are fresh, not covered in wax coating that keeps the fruit beautiful looking whilst being important. They are also juicer because of the sun.

Demography is the study of the characteristics of human population. In this study the main focus is on the place where the fruit was cultivated.

1. Is Demography important to for you? Does this make a difference to you, and where you buy the fruit from?

It is important to me but not always accessible.

1. Do you prefer freshly squeezed orange or orange juice from the packet? Kindly specify why.

I prefer freshly squeezed oranges as they are full of vitamins and no preservatives are added.

The Following Questions are related to the Knowledge of History.

1. Do you know who introduced oranges, figs and grapes to the Maltese Islands?

Oranges

If Yes Kindly Specify Arabs

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify Phoenicians

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grapes

If Yes Kindly Specify Phoenicians

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you know who introduced the art of preservation to Malta and the Mediterranean? Yes 🞏 No ◼

If Yes specify and mention one type of preserved fruit.

Candied Peel, Banana, Tomatoes, lemons and sultanas

1. Do you know about the nutritional value of these 3 fruits?

Oranges

If Yes Kindly Specify Vitamin C

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figs

If Yes Kindly Specify Vitamin C, antioxidant

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grapes

If Yes Kindly Specify Vitamin C, antioxidant

If No Kindly State Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you know why the cultivation of grapes subsided in the 9th and 10th Centuries?

Muslims did not drink wine.

1. Do you know the medicinal property of fruit? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Vitamin C against the flu.

Figs As laxatives.

Grapes Against cancer.

1. Do you know in which months these fruits are in season?

Yes ◼ No 🞏

If Yes kindly specify.

Oranges March – June.

Figs June – September.

Grapes September – November.

1. Do you know of Maltese recipes where these fruits sere used? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Cake

Figs ‘Tin tac-cappa’, San Martin Cake

Grapes ‘Fekruna’ with chocolate and sultanas, ‘Qassatat’ with sultanas in Gozo

1. Do you know of any beverages that are made using any of these three fruits? Yes ◼ No 🞏

If Yes kindly specify.

Oranges Orange Juice.

Figs Fig Liqueur.

Grapes Wine, Vinegar.