Dates are an important commodity in the region. Incredibly sweet but nourishing, dates are used in desserts and as a nutritious part of the diet. People in the Middle East eat them as the first food taken to break each day’s fast during the month of Ramadan. Dates were traditionally used in trade as well. In fact, the U.S. was a big market for Omani dates in the 19th and early 20th century until the U.S. started growing their own dates from plant shoots brought directly – and with great danger and difficulty – from the Middle East.