



FIGS

DID YOU KNOW?



Figs are fat, cholesterol, and sodium free, a source of dietary fiber, calcium and potassium



The history of the fig dates back over 2000 years to when the Greeks considered the fig to be “more precious than gold.”



Fig trees have no blossoms on their branches; the blossom is inside the fruit. The tiny flowers make the crunchy seeds.



There are over 700 varieties of figs around the world and its one of the oldest trees to be cultivated by humans for its edible fruit.



A fig matures and partially dries before the perfectly ripe fruit falls off the tree.

FIGS

— FRESH AND HEALTHY —

Fresh Figs are lusciously sweet with a texture that combines the chewiness of their flesh, the smoothness of their skin, and the crunchiness of their seeds.

Best Time to Buy:
July - First Frost

Figs Benefit U!

- Fat, sodium, & cholesterol free
- Source of fiber & potassium
- Non-dairy source of calcium

3 Medium Raw Figs = 111 calories



Add Color to Your Meal

- Puree fresh figs in a food processor to create a fig spread to use on crackers.
- Add chopped fresh figs to a small salad.
- Halve fresh figs and stuff them with goat cheese and sliced almonds.

FIGS

RECIPE CORNER

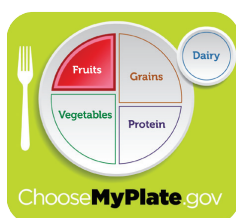
Fresh Fig Salad

- 1 cup** figs, sliced
8 cups arugula or mixed greens
1/2 cup chopped pecans, toasted
1/4 cup goat cheese
- Lemon Vinaigrette**
1-2 Tbsp fresh lemon juice
1/3 cup olive oil
1 Tbsp honey
Salt and pepper to taste

In a small jar with a lid, combine ingredients for vinaigrette. Shake to mix. Drizzle over arugula or mixed greens. Toss to coat. Divide arugula or mixed greens between salad plates. Top each plate of greens with sliced figs, toasted pecans and goat cheese. Serves 8. One serving = 1/8 of salad plus 1/8 of dressing recipe.



Nutrition Facts		
Serving Size 1.00 serving(s) (72g)		
Amount Per Serving		
Calories	180	Calories from Fat 145
% Daily Value		
Total Fat	16.1g	25 %
Saturated Fat	3.1g	16 %
Trans Fat	0.0g	
Cholesterol	5.6mg	2 %
Sodium	35.4mg	1 %
Total Carbohydrate	8.0g	3 %
Dietary Fiber	1.5g	6 %
Sugars	6.1g	
Protein	2.8g	
Vitamin A	12 %	Calcium 7 %
Vitamin C	11 %	Iron 4 %



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FAST FACTS

SELECTION

Select figs that are clean and dry, with smooth, unbroken skin. The fruit should be soft and yielding to the touch, but not mushy.

STORAGE

Keep figs in a plastic food storage bag in the coldest part of your refrigerator. Use within two days.

PREPARATION

To use figs, remove the stem ends and eat whole or chop or slice, according to your recipe. Figs are edible without removing the peeling. Since figs are high in pectin, they are ideal for jams and preserves.

PRESERVATION

Figs are easy to freeze:

Dry Pack – to prevent darkening of light colored figs, dissolve ascorbic acid (3/4 tsp) in 3 tablespoons water and sprinkle over fruit. Figs may be frozen on a tray first and then packed in freezer containers, or frozen directly in the container leaving 1/2 inch headspace.

Syrup Pack – use 40% syrup. Add 3/4 tsp. ascorbic acid or 1/2 cup lemon juice to each quart of syrup. Pack figs into freezer containers and cover with cold syrup. Leaving headspace, seal and freeze.

For more information contact:



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