

## VALLEY FIG GROWERS QUALITY ASSURANCE

The Quality Control staff at Valley Fig Growers ensures that the highest possible quality standards are met. Valley Fig also boasts the only microbiological lab in the California fig industry, giving instant access to more in-depth analysis of products to ensure the finest in quality.

As a result of a rigorous quality assurance program, outgoing standards for all fig products meet or exceed U.S. Department of Agriculture and U.S. Department of Food and Drug Administration standards.

## BLUE RIBBON FIG NUGGETS APPLICATIONS—CURRENT AND POTENTIAL

- Trail mixes
- Hot cereals
- Dry batter mixes such as muffin, waffle, pancake, scone
- Cookies
- Cakes
- Nutrition bars
- Rustic breads: fig & olive, garlic & fig, walnut & fig
- Scones: cranberry & fig, lemon & fig
- Salad bars: loose, added to fruit salads
- Chutneys
- Fig cookie ice cream
- Couscous and other grain mixes
- Refrigerator cinnamon rolls
- Yogurts

Other:

- Pet foods



Valley Fig Growers is located in Fresno, California. All of the commercially sold dried figs produced in the United States are grown in the Fresno area and north, in the fertile San Joaquin Valley. California represents 12% of the world production of dried figs. Established in 1959, Valley Fig Growers is the largest handler of figs in North America. The cooperative represents about 50% of the California fig industry.

Valley Fig markets its products worldwide. Retail products are sold under Valley Fig Growers own brand names of Blue Ribbon®, Blue Ribbon® Orchard Choice®, Sun-Maid® and Old Orchard®.



## CALIFORNIA FIG ORANGE MUFFINS

1/2 cup butter or margarine, softened  
3/4 cup granulated sugar  
2 large eggs  
Grated peel of one orange  
1 cup Blue Ribbon Fig Nuggets  
1 cup plain nonfat yogurt  
2 cups all-purpose flour  
1 teaspoon baking soda  
1/4 teaspoon salt

Heat oven to 400°F. Grease 12 (2 1/2-inch) muffin cups. Combine butter, sugar and eggs; beat until light and fluffy. Finely chop orange peel. Add orange peel and fig nuggets to butter mixture. Stir in yogurt. Combine flour, baking soda and salt. Stir into butter mixture just until moistened. Spoon into muffin cups. Bake for 20 minutes or until pick inserted in center comes out clean. Makes 12 muffins.

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Product of the U.S.A.



# Fig Nuggets

## Offer Endless Possibilities





# Fig Nuggets Deliver Convenience, Nutrition, Flavor

Figs, with their natural richness and luxurious texture transform a variety of foods from good to great. Their distinctively sweet fruit flavor is concentrated, yet tempered with a soft, nutty quality. This complex flavor profile makes figs versatile enough to enhance a spectrum of ingredients and tastes including salty, sweet, sour and savory.

Blue Ribbon Fig Nuggets, produced from fig paste, have uniform and controlled physical and technical properties making them ideal for a variety of manufacturing applications. These extruded fig pieces can be made plain or blended with other ingredients such as fruit fiber solids, dextrose, colors, flavors, modified food starch, oil and glycerine (optional). The finished product is coated with dried corn syrup solids to keep it free flowing. Rice flour or other coating materials can be used as optional coatings. Flavor can be provided by the fruit components in the nugget or flavoring can be added.

## NUTRITION

Dried California Figs contribute a variety of essential vitamins and minerals and a significant amount of dietary fiber.

### Health Claims Approved by the FDA that apply to dried figs:

- Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.
- Low fat diets rich in fiber-containing fruits, vegetables and grain products may reduce the risk of some types of cancer, a disease associated with many factors.
- Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, Vitamin A, or Vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Dried California Figs are high in dietary fiber.

## BLUE RIBBON FIG NUGGETS ADVANTAGES

- Uniform and controlled physical and technical properties including water activity, flavor, color, size, shape and texture
- Versatile, can be used in breads, cookies, cereals, candies, ice cream, confections, baked goods and desserts
- Easier to use and handle than other fruit pieces
- Ideally suited for shelf stable intermediate moisture foods
- Retain cohesive nugget shape in most applications except wet systems
- Flavored Fig Nuggets can save up to 70% of the cost of dried sugar-infused fruit
- Scaling accuracy is improved with uniform fruit nuggets
- Line clean-up costs reduced because nuggets do not stick to or stain the equipment
- Low moisture content inhibits staling and extends shelf life
- Nutrition content of final products improved with fig nuggets
- Use of figs dried on the tree guarantees 100% mature fruit, unlike other fruits
- Kosher
- Available as USDA certified organic (plain only)

## BLUE RIBBON FIG NUGGETS, PLAIN AND FLAVORED - COMPOSITION PER 100 GRAMS

NUTRIENTS			VITAMINS		MINERALS			
	Plain	Flavored	Plain	Flavored	Plain	Flavored		
Water	24g	18g	Ascorbic Acid	0.649mg	0.305mg	Calcium	126.882mg	52.585mg
Proteins	2.996g	1.509g	Riboflavin	0.089mg	0.036mg	Copper	0.348mg	0.140mg
Lipids (total fat)	0.496g	2.254g	Thiamin	0.069mg	0.028mg	Iron	3.254mg	1.248mg
Carbohydrates	72.267g	73.328g	Niacin	0.705mg	0.283mg	Magnesium	58.860mg	23.632mg
Fiber	11.648g	7.764g	Folic Acid	16.983mg	6.818mg	Phosphorous	68.400mg	27.462mg
Energy	305.533kcal	342.429kcal	Vitamin B6	0.323mg	0.130mg	Potassium	580.986mg	279.962mg
						Sodium	11.696mg	27.680mg
						Zinc	0.506mg	0.203mg

TECHNICAL SPECIFICATIONS	
Flavor:	Can be provided by the fruit components in the nuggets or flavoring can be added
Flavors Added:	Natural or artificial and range from fruity, as in berry and citrus, to savory as in chipotle, to confectionary, as in chocolate and caramel
Colors:	Natural or FD&C
Composition:	85% fruit (plain); 50% fruit (flavored)
Moisture:	Approx. 24% (plain); 18% (flavored)
Water Activity:	Approx. 0.68 (plain) to 0.55 (flavored)
Particle Size:	3/8" x 3/8" x random: 700-1000 per pound. 1/4" x 1/4" x random: 1200-1800 per pound. 3/16" diameter x random: 3000-4000 per pound
Packaging:	30 pound corrugated cardboard cartons with separate poly liner
Storage:	40-55° F, 55% RH maximum; 70° F, 55% RH maximum
pH (1:1 dilution)	4.5-5.0 (plain); 3.7-4.2 (flavored)
Acidity (as citric acid)	0.8-1.0% (plain); 0.6-0.8% (flavored)
Glucose	18.630/100g (plain); 7.480/100g (flavored)
Fructose	31.689/100g (plain); 12.723/100g (flavored)
Sucrose	0
E. Coli (MPN/g)	Negative
Salmonella	Negative
Coliform	Less than 10
Staphylococcus Aureus	Negative

