

## Fig & Feta Salad with Lemon Vinaigrette



- 6 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 teaspoon minced garlic
- 1/4 teaspoon freshly ground black pepper
- 10 ounces mixed baby lettuces
- 1 cup thinly sliced red onion
- 24 Blue Ribbon Orchard Choice or Sun-Maid figs, stemmed and quartered
- 1 cup crumbled feta cheese (Mediterranean flavor or plain)
- 2/3 cup halved pitted Kalamata olives
- Chopped fresh basil, as desired

For dressing, whisk olive oil, lemon juice, honey, garlic and black pepper in small bowl to blend. Set aside. In large bowl, combine lettuce and onion; toss gently. Add figs, cheese and olives. Add dressing and toss gently. Garnish with basil. Makes 12 servings.

## Lemon-Fig Bread with Almond Streusel

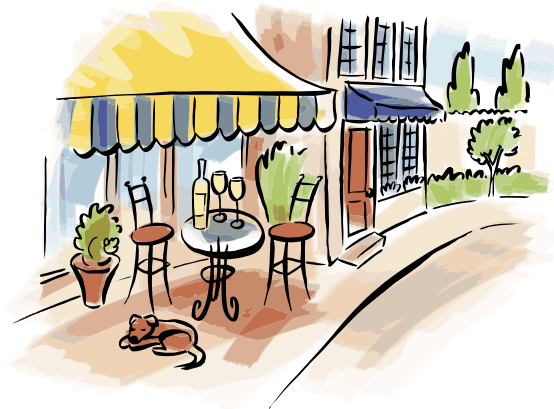


- 1 1/2 cups Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and chopped
- 1 cup boiling water
- 6 tablespoons unsalted butter, melted and cooled or vegetable oil
- 1 large egg
- 1 tablespoon finely grated lemon zest
- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup chopped, toasted almonds (optional)

Preheat oven to 350°F. Generously coat 9-x-5-inch loaf pan with nonstick spray. Place figs in medium bowl. Cover with boiling water; let sit 30 minutes. Drain figs, reserving liquid. Return liquid to bowl; whisk in melted butter, egg and lemon zest. In separate large bowl whisk together flour, sugar, baking powder, soda and salt. Mix liquids into dry ingredients, stirring just until blended. Stir in figs and almonds. Scrape batter into prepared pan. Prepare streusel and sprinkle evenly over top. Bake for 55 to 60 minutes or until pick inserted in center comes out clean. Cool 10 minutes in pan. Run sharp knife around edge of pan and remove bread to wire rack to cool completely. Wrap airtight and store at room temperature or freeze. Makes 1 loaf.

**Almond Streusel:** In small bowl combine 1/3 cup chopped almonds, 1/3 cup all-purpose flour and 3 tablespoons packed brown sugar. Stir in 3 tablespoons melted unsalted butter.

## The Mediterranean Diet



- Figs are an ancient food and naturally part of the Mediterranean Diet.
- The Mediterranean diet, rich in fruits and vegetables, is associated with improved health and decreased risk of many chronic diseases.
- The diet of the people of southern Europe, where figs are regularly eaten, has been linked to a lower incidence of heart disease and protection against some cancers, as well as a longer life expectancy.



### What Else Makes Figs Great?

- NO fat**
- NO cholesterol**
- NO sodium**
- NO gluten**
- NO added sugar**

## How Much Fiber and Fruit Do I Need?

- Women need 25g of fiber per day and men need 38g per day or about 14g/1000 calories. A handful of figs can go a long way to meeting this healthy goal.
- US Dietary Guidelines for Americans recommend eating 2 cups of fruit (the more fiber-rich the better) a day.
- The Nutrition Facts Panel on packages provides the dietary fiber content per serving. An excellent source contains 20% or more of the Daily Value.

## Delicious Fiber

**3 to 5 figs, about a quarter of a cup, give you:**

- 5g of dietary fiber—more fiber than 2 slices whole wheat bread or an ounce of almonds or a half-cup broccoli.
- 1.5g water-soluble fiber and 2.5g insoluble fiber.
- Soluble fiber helps lower cholesterol and keep you feeling full longer.
- Insoluble fiber helps keep you regular and may help lower the risk of colon cancer.
- Dietary fiber helps maintain healthy cholesterol levels and support heart, digestive and colon health when part of an overall healthy diet.



## A Great Source of Fiber and So Much More



- It may surprise you to know that a half-cup of figs has as much calcium as a half-cup of milk.
- Figs have more potassium per ounce than bananas. Potassium helps maintain normal blood pressure.
- Figs offer a variety of essential vitamins and minerals including iron, magnesium, thiamin, niacin, riboflavin, vitamin B6, zinc, and copper.
- Figs are rich in health promoting antioxidants.
- Figs are the richest source of iron compared to the 20 most frequently consumed fruits.
- For more information and tips on California dried figs, go to [www.valleyfig.com](http://www.valleyfig.com)



2028 South Third St., Fresno, CA 93702  
(559) 237-3893

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# Figs

Flavor, fiber and so much more. Enjoy the taste of good health!



# Valley Fig Growers

Valley Fig Growers, producer of Blue Ribbon® Orchard Choice® Figs and Sun-Maid® Figs, is the largest handler of figs in North America. Established in 1959, the grower-owned cooperative is headquartered in Fresno, California—the fig capital of America.

California's San Joaquin Valley is perfectly suited for growing figs.

The hardy fig trees thrive in the hot, dry summers

and rainy winters. Figs grow

in California from June to late August and ripen on the trees from August through September. Harvesting occurs several times during the season.



# Tasty Treats and Timesaving Tips

**Stuff figs** with a toasted almond or crystallized ginger and dip in chocolate. An easy and elegant dessert.



**Use fig puree** as a great fat substitute in baking. Puree together 2 cups figs, 1/2 cup water, and 2 teaspoons vanilla, until smooth. Use in place of half the fat in moist, soft and chewy baked goods recipes.

**Chop figs**, mix with walnuts and sprinkle on hot and cold cereals or green salads. The perfect breakfast, rich in fiber and heart-healthy omega-3 oils.

**Substitute** 3 to 5 figs for high-calorie snacks like candy bars and chips.

**Add figs** to vegetarian diets. Quarter and stir into herbed lentils; slice and layer on pizza with caramelized onions and fresh basil; coarsely chop and toss with whole grain pasta, olive oil and garlic.

**Add diced**, moist figs to cooked brown rice, couscous, or pilaf.

**Add sliced figs**, golden Calimyrnas and dark Missions to Waldorf salad for a sensational fruit salad.

## Make a tiny slit

in the fig and add your favorite cheese (goat cheese is superb), sprinkle with fresh thyme and cracked pepper; serve as an appetizer.



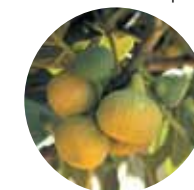
# Fun Facts About Fabulous Figs

• A healthy lifestyle incorporates about 30 to 60 minutes of physical activity each day. Take figs along on hikes, bike rides, to the gym and while you walk the dog. Figs are portable and go just about anywhere, anytime. Grab a fig and get moving!

• Natural sugars can come to the surface of dried figs, adding a light, sweet crunch. To melt away the sugars, sprinkle with water and microwave for a few seconds.

• Store figs in the refrigerator after opening for optimal freshness.

• Figs have no blossoms. The blossoms are inside the fruit and produce the tiny, crunchy seeds that give figs their unique and highly prized crunch.



• Figs are harvested according to nature's clock, fully ripened and partially dried on the tree.

• Figs naturally hold moisture in baked goods and can be pureed and used as a fat substitute.

• The two most popular varieties of sweet, chewy, dried California figs are the golden Calimyrna and dark purple Mission.

• **Mission figs** have soft, thin skins and tiny, crunchy seeds.

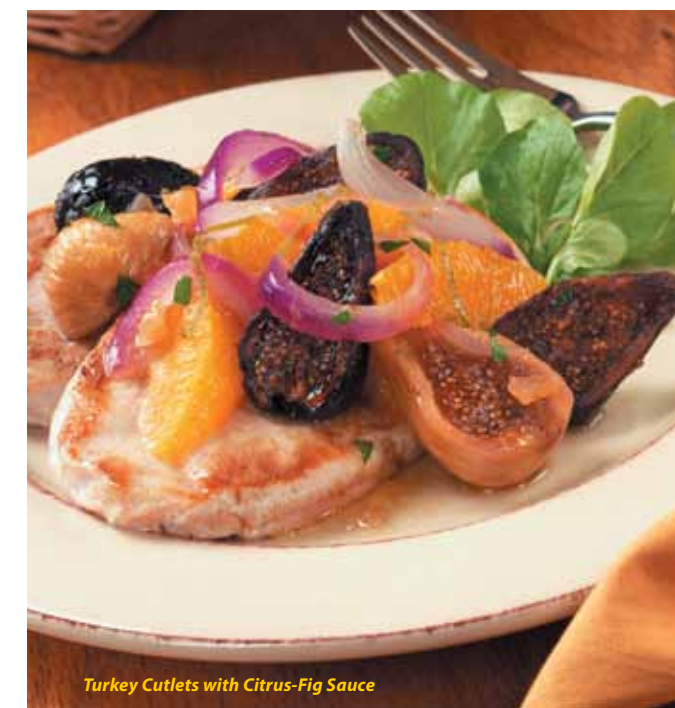


• **Calimyrna figs** have a light nutty flavor, slightly more developed seeds, and a bit chewier texture.

• Early Olympic athletes used figs as a training food. Figs were also presented as laurels to Olympic winners.

• According to ancient scholars, figs are restorative. They increase the strength of young people, preserve the elderly in better health and make them look younger with fewer wrinkles.

• Figs first appeared in commercial products in 1892 in Fig Newtons.



Turkey Cutlets with Citrus-Fig Sauce