

Fresh Fruit & Vegetable Program: May 2023

Featured Fresh Fruit: FIGS



Health Benefits:

1. Good source of calcium & potassium – bone health
2. Rich in antioxidants – skin & reduces cancer risk
3. High in fiber – fantastic for digestive health and stable energy



Fun Facts:

1. Fig trees have no blossom on their branches, the blossom is on the inside of the fruit!
2. Figs are native to the Mediterranean and western Asia. In the United States California grows over 90% of figs distributed!
3. Figs are grown on a tree. The Brown Turkey fig tree must grow for 3-5 years before bearing its first fruit!

