



California Figs

Retail Dietitian Toolkit



"A true feel-good flavor, fig is becoming increasingly popular with consumers, with fig flavored products growing by more than 80% between 2012 and 2016"
– Firmenich

Dear Retail Dietitian:

Feel like figs are everywhere these days? From restaurants to the produce section and center aisle of your grocery store, there is big fig momentum. And, now, as reported by Food & Wine, Firmenich, a Swiss fragrance and flavor company, named figs the flavor of the year for 2018 based on its growing appeal worldwide!

"A true feel-good flavor, fig is becoming increasingly popular with consumers, with fig flavored products growing by more than 80% between 2012 and 2016," said Chris Millington, President of Firmenich, Flavors. "With its numerous health benefits and sweet and satisfying flavor profile, fig offers endless opportunities to inspire our customers and delight their consumers across a wide range of food categories."

As the official trend spotters for the California Fig industry, we couldn't agree more but we'd like to add that we think the recent rise in popularity is also due to the fig's ability to fit into today's top trends: kosher, GMO-free, high-fiber, all-natural, gluten-free, trans fat-free, on-the-go, tasty and so much more.

To celebrate and help you spread the big fig news, we've compiled all you need to know about figs, and, most importantly, why you and your customers should seek out CALIFORNIA Figs. More specifically, you'll find inside:

- Why California: Simply put, California has the highest standards and best growing conditions in the world.
- Fig Nutrition Facts: A nutrition powerhouse, figs are full of fiber and offer many additional nutrition benefits.
- California Fig Varieties: The California industry produces fresh and dried. What is the season for fresh? What are the two main types of dried? You can find the answers to all your burning questions here!
- 20 Fun Ways with Figs: From sauces and salads to sandwiches and salsas, there are so many ways to use figs!
- Demo Recipes: We've scoured our database for quick and delicious recipes that are ideal for demoing in store or on the air waves.
- Year-Round Calendar: FIGgedabout thinking of your own ideas year-round to promote California Figs. We've got you covered!

Please don't hesitate to contact us if you need any further fig information!

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WHY CALIFORNIA

Figs are fantastic but not all figs are created equal!

Because of ideal growing conditions, you can see and taste the difference with California Figs. The fig flourishes in the fertile and sun-drenched valleys of California, where vast orchards of fig trees can be found. In fact, 100% of the dried figs and 98% of the fresh figs grown commercially in the U.S. are from California so make sure you look for California Grown or Made in the USA.

In addition to perfect sun and soil, quality and food safety are the highest priorities for California's fig farmers. That's why state of the art equipment and sustainable growing practices, such as water and tree management, are in place. These California Fig farming practices have been passed down for generations.

Most of the activity in the California Fig orchards begins in May as the fruit appears on the tree. For dried figs, the activity culminates in November with the final picking. Fresh figs are harvested through December. However, fig production is a year-round business requiring continual soil preparation, monitored irrigation, and careful pruning of the trees.

Good water management during the growing season includes regular irrigation, often with systems that deliver the water directly to each tree. Mulching helps maintain tree health, vigor and longevity. Trees are spaced 12 to 20 feet apart. The fig trees are trained to single trunk or multi-trunk bush systems. During the dormant season, older trees can be thinned to increase fruit size and to stimulate new growth each year.

Lastly, California Figs are inspected and certified for grade and quality to meet the standards of the California Department of Food and Agriculture. California's standards are the highest in the world, guaranteeing California Figs are the best you'll find anywhere!

100% of the
dried figs and
98% of the
fresh figs grown
commercially
in the U.S. are
from California

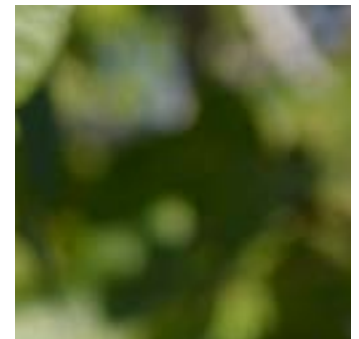


FIG NUTRITION

It's a FACT. Not only do they taste great, but figs are good for you too!
Read on to learn about the nutritional benefits of figs.

Serving Size

Just 3-5 dried (¼ cup; 42 grams) or fresh (½ cup; 150 grams)
California Figs count as one fruit serving.

About three-fourths of the population has an eating pattern that is low in vegetables, fruits, dairy, and oils (2015-2020 Dietary Guidelines for Americans <https://health.gov/dietaryguidelines/2015/guidelines/>). California Figs are an easy way to add a serving of fruit to reach the daily recommendation of 8 to 13 servings of fruits and vegetables. (A ¼ cup dried fruit is equivalent to ½ cup of fresh fruit.)

Naturally Sweet

Figs add sweetness and flavor without additional sugar. This is important when dietary guidance around the world suggests that the consumption of added sugar be reduced.

California Figs are an all-natural energy source, perfect for an afternoon snack or a quick pick-me-up before a game or workout. Figs are also a good substitution for some of the sugar in baking.

Fiber

California Figs are an excellent source of dietary fiber. Just three to five figs – dried or fresh – provide five grams of dietary fiber or 20% of the Daily Value. Adequate dietary fiber as a part of an overall healthy diet helps maintain healthy blood glucose and cholesterol levels and supports heart, digestive and colonic health (Anderson et al, 2009).

One serving – 3-5 dried or fresh figs – provides 3.5 grams insoluble fiber and 1.5 grams water-soluble fiber (Vinson, 1999, 2005).

California Figs help create a healthy microbiome by acting as a prebiotic, promoting the growth of beneficial bacteria, such as bifidus and lactobacillus.

Calcium

Looking for a non-dairy calcium source? A ½ cup dried figs is equivalent to a ½ cup milk in calcium content!

Potassium

The Dietary Guidelines for Americans cites potassium as a nutrient of concern because many people don't consume enough. Potassium helps maintain normal blood pressure by blunting sodium's effect on it.

Sources of Potassium:

1 medium banana 420 mg
1 cup fat-free milk 420 mg
1 serving of fresh figs 348 mg
1 serving dried figs 260 mg
1 ounce almonds 200 mg

Dried Fig Nutrition Label

Nutrition Facts	
Serving size	3 figs (42g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 260mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Phytonutrients

Figs are rich in phytonutrients, natural compounds found in plants, which may boost immunity, slow aging and prevent or reduce the risk for chronic diseases.

Other Nutrients

California Figs outrank most fruits when comparing calcium, iron,

FIG NUTRITION

magnesium, phosphorus, copper, manganese and other important nutritional components.

Healthy Diets

Analysis of the U.S. NHANES database shows that people who eat dried fruit have lower body weights and better intakes of nearly all nutrients.

Figs are an ancient food and are naturally part of the healthy Mediterranean diet. Research has validated that the Mediterranean diet – including generous amounts of fruits and vegetables – is associated with improved health and decreased risk of chronic disease. (Scientific studies of the Mediterranean diet are found at <https://oldwayspt.org/health-studies>)



Fresh Fig Nutrition Label

Nutrition Facts	
Serving size	3 figs (150g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 348mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CALIFORNIA FIG VARIETIES

CALIFORNIA DRIED FIGS

California Dried Figs are available year-round. You can find them most often at any major grocery retailer in the dried fruit aisle. They come in a variety of packaging or in bulk. They can also be found in the produce section.

California Dried Figs are considered a pantry staple (shelf-stable for up to six months!) by many for a number of reasons. They are a satisfyingly sweet snack all on their own but they can also be a secret ingredient in sauces, salads and more, adding texture, flavor and nutrition.

There are two primary varieties of California Dried Figs you'll find in grocery stores – Black Mission Figs and Golden Figs:

California Dried Black Mission Figs are signature to California. Spanish missionaries planted figs in the San Diego area back in the 1800s, and they've flourished in California ever since. When Black Mission Figs are blended with savory ingredients, such as salt, cocoa and spices, figs can produce a "meaty" flavor that has a smoky, almost steak-like aroma and taste.

California Dried Golden Figs are the generic term for a number of "white" varieties, including Calimyrna, Kadota, Sierra and Tena, among others. Some packages will have the variety noted but more often you'll see California Golden Figs which means you'll get a nutty and buttery fig flavor. Golden Figs blend well with more aromatic ingredients, such as lavender, pine nuts and fennel, and pair well with roasted chicken, fish or pork.

CALIFORNIA FRESH FIGS

Look for California Fresh Figs in major grocery stores May-November, and, when you see them, buy them! These seasonal delicacies are sweet and delicious. A description of the main California varieties, flavor notes, and availability follows.

When promoting California Fresh Figs, here are a few helpful selecting and storage tips:

- They are fragile and bruise easily so handle carefully.
- Select plump, fragrant figs that have a little give when touched.
- The fruit should be soft and yielding to the touch, but not mushy.
- Use your nose. Smell the fruit. If it smells slightly sour, it has already begun to ferment. When figs get beyond their prime, they begin to collapse inward and lose their round shape.
- Fresh figs should be refrigerated as soon as possible and store up to 7 days.
- To prevent bruising, arrange figs in a single layer on paper towels or on paper liners.
- No need to peel, just take a bite and enjoy the colorful, sweet flesh inside!
- Fresh Figs can be frozen. Just clean and freeze in a single layer on a baking sheet. Then, pack into self-closing plastic bags for up to 6 months.



CALIFORNIA FIG VARIETIES

Sierra
(dried/fresh)
Light Riesling, Honey, Fruity

Brown Turkey
(fresh only)
Fruity, Robust, Pinot Noir, Honey

Kadota
(dried/fresh)
Savignon Blanc, Honey



Tiger
(fresh only)
Fruity, Raspberry, Citrus, Honey

Black Mission
(dried/fresh)
Fruity, Earthy, Cabernet, Honey

Tena
(dried only)

Calimyrna
(dried/fresh)
Fruity, Buttery, Chardonnay, Caramel

California produces 100% dried figs and 98% of fresh figs sold commercially in the United States. There are seven primary varieties of California-grown figs.

20 YUM WAYS WITH FIGS

1. Keep chopped up dried figs in your refrigerator for a naturally sweet addition to all of your favorite dishes. Add them to **overnight oats** and **salads** to **ancient grains** and **baked goods** for that unique and delicious balance without added sugar.

2. Add dried or fresh figs to elevate your **cheese plate**. Add a homemade **fig jam** to really put it over the top!

3. **Poached fresh figs** infused with citrus, port wine and spices are divine over a honey whipped cream. Is your mouth watering yet?

4. Skewer fresh figs in between your favorite protein (figs work great with beef, chicken, lamb or pork!) and veggies for an exceptional twist on a **grilled kabob**.

5. Boil figs with chilis, cocoa, onion, garlic and bay leaf and then puree for an out of this world **steak sauce**.

6. **Fig Toast** is the new Avocado Toast! Smash fresh figs on top of your favorite nut butter for a great start to your morning or snack.

7. Dip figs in chocolate! Think strawberries are good? **Chocolate-dipped figs** (plus a little sea salt) are to die for!

8. Need the perfect go-to **salad dressing**? Blend plumped dried figs, balsamic vinegar, olive oil, water and salt until smooth. Voila!

9. Slice fresh figs in half, sprinkle very lightly with sugar and sear in oil-coated skillet for about 2 minutes. Layer **bruleed figs** on top of baguette and brie slice – so simple and so delicious!

10. Add diced figs to nuts and chocolate to change up your **trail mix**.



11. Ever tried a **grilled fig pop**? Picture bacon, jalapeno, and fontina in between dried fig halves on a stick. Yum!!!

12. Make figs your **chili champion**! Diced dried figs add sweetness and texture.

13. Toss fresh or dried figs into **salads**. Better yet, layer them into a **mason jar salad** for awesome presentation and taste.

14. Chop up fresh figs into your **salsas** to amp up the flavor and more!

15. Wedge a walnut piece and slice of ginger into a dried fig for a satisfying snack.

16. Add diced dried figs to your **burgers**. Figs add moisture and flavor for a new twist on your favorite **turkey burger**.

17. An elegant and easy appetizer is **broiled gorgonzola-stuffed figs** wrapped in prosciutto. Try fresh or dried figs!

18. Secret sauce? You bet! Add diced figs to **tomato sauce** for wonderful sweet flavor and added texture.

19. Fresh figs caramelize into sweet goodness in the **pizza oven**. Seriously, figs are the **pizza topping** you can't live without!

20. Layer in dried or fresh figs for a **gourmet grilled cheese**!

DEMO RECIPES

We've compiled easy and delicious California Fresh and Dried Fig recipes for demonstration at retail or on-air. Don't forget a gorgeous display of figs for a pop of color and sampling on their own. Each fig variety has its own flavor. It's fun to find your favorite!

California Fig Walnut Ginger Bites

INGREDIENTS

2 California Dried Golden or Mission Figs
2 walnut halves
2 thin slices crystallized ginger (about 1x1-inch)

PROCEDURE

Trim the stems off the figs and make a slit along the length of each fig (don't cut all the way through). Wedge 1 slice of ginger and 1 walnut half into the cavity of each fig. Makes 2 fig bites, 1 serving.

NUTRITION FACTS (per serving)

Calories 40 (38% from Fat); Total Fat 1.5g; Carbohydrate 7g; Sugar 5g; Dietary Fiber 1g; Protein 1g; Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 2%



California Fig Overnight Oats

INGREDIENTS

1/2 cup old-fashioned oats
1/2 cup milk (1% cow's milk, coconut milk beverage, or almond milk)
1/3 cup plain low-fat yogurt
1 tablespoon chia seeds
2 teaspoons pure maple syrup
2-3 California Dried Golden or Mission Figs, stemmed and chopped
1 tablespoon unsweetened shredded coconut
Optional garnish: 1/2 dried fig, 1 teaspoon unsweetened shredded coconut

PROCEDURE

Put the oats, milk, yogurt, chia seeds, maple syrup, figs, and coconut into a 12-ounce jar or cereal bowl. Stir well. Cover and store in the refrigerator overnight. Stir again just before serving and top with optional garnish. Makes 1 serving.

NUTRITION FACTS (per serving)

Calories 410 (26% from Fat); Total Fat 12g; Saturated Fat 5g; Cholesterol 5mg; Sodium 110mg; Carbohydrate 64g; Sugar 29g; Dietary Fiber 10g; Protein 15g; Vitamin A 6%; Vitamin C 2%; Calcium 40%; Iron 20%





California Fig, White Bean & Walnut Salad with California Fig Balsamic Dressing

DRESSING

6 California Dried Golden or Mission Figs, stemmed and chopped
 1/3 cup hot water
 1/3 cup balsamic vinegar
 1/3 cup extra-virgin olive oil
 1/4 teaspoon salt

SALAD

1/2 cup crunchy vegetables such as sliced red cabbage, cucumbers
 1/2 cup small white beans
 1/4 cup sliced red onion
 1/2 cup cooked farro or other grain such as wheat berries or barley
 5 California Dried Golden, stemmed and chopped
 2 cups arugula or favorite lettuce mix
 2 tablespoons chopped walnuts

PROCEDURE

To make dressing, put 6 figs in a small bowl and cover with hot water for 10 minutes. Add vinegar, olive oil, figs with the water and salt into blender and whirl until smooth.

To make salad, in a one quart Mason jar add 1-2 tablespoon of fig dressing and continue layering the remaining ingredients into the jar in the order listed. Screw on the lid. Store upright in the refrigerator until ready to serve. To serve, empty jar into a bowl or onto a plate and toss well; season with salt and pepper to taste. Makes 1 main-dish salad.

NUTRITION FACTS (per serving)

Salad with Dressing: Calories 580 (24% from Fat); Total Fat 19g; Saturated Fat 2 g; Sodium 620 mg; Carbohydrate 88g; Sugar 33g; Dietary Fiber 18g; Protein 17g; Vitamin D 0% Calcium 25% Iron 30% Potassium 20%

Dressing: Calories 110 (10% from Fat); Total Fat 8 g; Saturated Fat 1g; Sodium 75 mg; Carbohydrate 8g; Sugar 5g; Dietary Fiber 1g; Protein 0g; Vitamin D 0%; Calcium 2%; Potassium 2%

California Fresh Fig Pepper Salsa

INGREDIENTS

2 1/2 cups California Fresh Figs, diced
 1/3 cup diced red bell pepper
 1/3 cup golden raisins
 2 green onions, thinly sliced
 1 fresh jalapeno pepper, minced
 1 1/2 teaspoons fresh lemon juice
 1/2 teaspoon ground ginger

PROCEDURE

In medium bowl, combine all ingredients. Cover and refrigerate several hours. Yields 3 cups.

Note: Recipe as prepared above is low calorie, low in fat, saturated fat, cholesterol, and sodium.

NUTRITION FACTS (per serving)

Calories 35 (5% from Fat); Total Fat 0g; Potassium 129mg; Carbohydrate 9g; Sugar 7g; Dietary Fiber 1g; Protein 1g; Vitamin A 10%; Vitamin C 25%; Calcium 2%; Iron 2%



California Fig and Olive Tapenade with Chicken Paillard

TAPENADE

1/4 cup pitted kalamata olives
1/2 cup California Dried Golden or Mission Figs, stems trimmed off
8 fresh mint leaves
1 tablespoon capers
1 teaspoon balsamic vinegar
1 tablespoon extra-virgin olive oil
2 tablespoons water

CHICKEN

1 1/2 pounds boneless, skinless chicken breasts
Salt and pepper, to taste
2 teaspoons extra-virgin olive oil
2 tablespoons chopped fresh mint

PROCEDURE

Put all the ingredients for the tapenade into a food processor fitted with a metal blade. Pulse the processor to chop the ingredients into a chunky, uniform spread. Set aside.

Put a chicken breast between two large pieces of plastic wrap and use a mallet to pound it into 1/2-inch thick pieces. Repeat with remaining breast. Season lightly on both sides with salt and pepper.

Heat the 2 teaspoons of olive oil in a large, heavy skillet over medium-high. Lay the chicken in the skillet and cook until golden brown and cooked about 3/4 of the way through, about 4 to 5 minutes. Turn the chicken and cook the second side until no longer pink in the center, another 2 to 3 minutes. If all of the chicken doesn't fit in one layer, do this in two batches, adding more oil as needed.

Transfer the chicken to a cutting board and let rest for 5 minutes. Cut the chicken in crosswise strips, spoon some of the tapenade down the center of the chicken, and scatter the 2 tablespoons chopped mint over the chicken. Makes 4 to 5 servings, 3/4 cup tapenade.

NUTRITION FACTS (per serving): Calories 300; Total Fat 13g; Saturated Fat 2g; Trans Fat 0g; Cholesterol 125mg; Sodium 340mg; Carbohydrate 7g; Sugar 4g; Dietary Fiber 1g; Protein 39g; Vitamin A 2%; Vitamin C 0%; Calcium 2%; Iron 6%



California Fig Toast

INGREDIENTS

1 slice favorite whole grain bread
1 heaping tablespoon almond butter
1 teaspoon honey
2-3 California Dried or Fresh Figs, stemmed and halved
1/3 banana, sliced
Dash cinnamon
1 teaspoon hemp seeds

PROCEDURE

Toast the bread. Spread almond butter on one side of the toast and drizzle with honey. Lay half the banana slices in a row on one edge of the toast. Put 2 fig halves, cut-side-up, in a row next to the banana. Repeat with remaining banana slices and fig halves (you will have 4 alternating rows of bananas and figs). Sprinkle cinnamon and hemp seeds over the top.

Serves 1

NUTRITION FACTS (per serving)

Calories 280 (% from Fat); Total Fat 12g; Saturated Fat 1.5g; Sodium 140mg; Carbohydrate 40g; Sugar 7g; Dietary Fiber 6g; Protein 9g; Vitamin A 0%; Vitamin C 6%; Calcium 10%; Iron 10%

California Fig Energy Balls (No bake)

INGREDIENTS

1 cup roasted almonds or walnut halves
1 cup California Dried Golden or Mission Figs, stemmed and coarsely chopped
1/4 cup unsweetened shredded coconut
1 tablespoon lemon zest
2 tablespoon lemon juice

Topping ideas (optional)

Granola, Melted dark chocolate, Mini chocolate chips or grated chocolate, Salted chopped pistachios, Salted chopped pumpkin seeds, Toasted wheat germ, Toasted coconut, Trail mix

PROCEDURE

Place the nuts in a food processor and pulse until they are finely chopped. Add the figs, coconut, lemon zest, and juice, and pulse until the mixture forms a ball and sticks to itself. Remove mixture from the food processor and roll into 22 balls. Roll in desired topping(s).

NUTRITION FACTS (per serving)

Calories 60 (5% from Fat); Total Fat 4g; Saturated Fat .5 g; Sodium 0mg; Carbohydrate 5g; Sugar 3g; Dietary Fiber 1g; Protein 2g



Prosciutto Wrapped California Figs with Arugula Salad and California Fig Vinaigrette

FIG VINAIGRETTE

1/2 cup California Fresh Figs, chopped
3 tablespoons extra virgin olive oil
3 tablespoons sherry, raspberry or white balsamic vinegar
1 clove garlic, minced
Sea salt and freshly ground pepper, to taste

ARUGULA SALAD

4 cups baby arugula
8 small California Fresh Figs
2 ounces top quality blue cheese, divided
8 strips prosciutto (about 4 in. long by 1 in. wide)
2 tablespoons balsamic vinegar
1/4 cup pine nuts, toasted

PROCEDURE

To make vinaigrette, combine figs, olive oil, vinegar and garlic in blender or food processor and process until smooth. Season to taste with salt and pepper; cover and store in refrigerator until ready to serve.

To assemble salad and figs, divide and arrange arugula on 4 salad plates. Starting at stem end, cut figs in half nearly through but leaving blossom end intact. Press 1/2 tablespoon cheese in center of each and press halves together. Wrap each fig with prosciutto and secure with toothpick. Grill over high heat, 5 minutes, turning frequently, and basting with balsamic vinegar. As soon as prosciutto is crisp, remove from grill and arrange 2 figs on each plate. Sprinkle with remaining cheese and pine nuts. Serve dressing on the side Serves 4.

NUTRITION FACTS (per serving)

Calories 320 (56% from Fat); Total Fat 21g; Saturated Fat 5g; Mono Fat 12g; Poly Fat 3g; Cholesterol 20mg; Sodium 400mg; Potassium 453mg; Carbohydrate 28g; Sugar 22g; Dietary Fiber 4g; Protein 9g; Vitamin A 720 Vitamin C 5; Calcium 148; Iron 2



CALENDAR

JANUARY

Fiber up with Figs!

The story: New Year's Resolutions abound but adding more fiber to the diet should be on everyone's list. Diets rich in soluble and insoluble fiber help maintain healthy blood cholesterol levels and may lower colon cancer risk (Anderson et al, 2009). California Figs are an excellent source of dietary fiber. Just three to five figs provide five grams of dietary fiber or 20% of the Daily Value. So sweet and delicious, California Figs are an easy way to consume fiber every day.

Featured recipe: [Fig & Farro Salad with Arugula and Feta](#)

Social suggestion: Make a resolution to eat more fiber! Just 3-5 California Dried Figs provide 5 grams of dietary fiber or 20% of the Daily Value. Find them in the dried fruit aisle and get the recipe for Fig & Farro Salad with Arugula and Feta at www.CaliforniaFigs.com



FEBRUARY

So many reasons to LOVE California Figs!

The story: Love is in the air and it's no wonder California Figs are top of mind! Not only are they a surprising and delicious addition to Valentine's Day menus (loved ones will swoon over the sexy and simple Pasta with California Dried Fig Sofrito and Parmesan found at www.CaliforniaFigs.com), but figs are also a well-known aphrodisiac. It's a perfect month to celebrate the fig!

Featured recipe: [Chocolate Covered Figs](#)

Social suggestion: A food to get you in the mood? Try #CaFigs this Valentine's Day! Find recipes at www.CaliforniaFigs.com





APRIL

Spring Fling with Figs

The story: Flowers are in full bloom and springtime menus are colorful and flavorful! Thanks to wonderful ingredients in season now like asparagus and carrots and always-in-season California Dried Figs. Dried figs are quickly becoming a pantry staple for chefs and home cooks year-round adding just the right amount of sweetness, texture and nutrition to boot. Try Asparagus and Peas with California Dried Figs or Baby Carrots with California Dried Figs and Ginger to add a touch of spring and delicious to your menu!

Featured recipe: [Baby Carrots with California Dried Figs and Ginger](#)

Social suggestion: Add Baby Carrots with California Dried Figs and Ginger to your Easter table for a pop of color and flavor!

www.CaliforniaFigs.com



MARCH

Nutrition MVP Goes to California Figs

The story: March is National Nutrition Month, and, while there are so many fruits and veggies to celebrate, California Figs deserve the spotlight. Why? Ounce for ounce, California Figs provide a nutritional punch that is unmatched by any other fruit. In addition to being an excellent source of fiber, figs contribute essential vitamins and minerals to your diet, including iron, calcium, potassium, magnesium, vitamin B6 and copper. California Figs are also fat, sodium and cholesterol-free. Not to mention, they're tasty and portable too!

Featured recipe: [California Fig Waldorf Salad](#)

Social suggestion: #CaFigs #FTW! An excellent source of fiber, figs also contribute essential vitamins and minerals to your diet. They're tasty and portable too! #NationalNutritionMonth



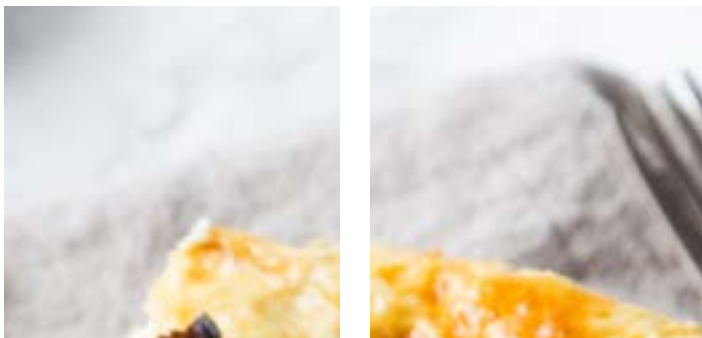
MAY

Fig-a-licious Dishes for Mom

The story: Nothing beats a good brunch, especially one celebrating mom. Surprise her with something special (shh, it's simple too!) like a California Fig and Sausage Strata. The sweetness of the figs combined with the savory sausage and herbs give it a texture and flavor like no other. Figs and flowers this Mother's Day. Need we say more?!

Featured recipe: [California Fig and Sausage Strata](#)

Social suggestion: Spoil mom with a fig-a-licious dish! Recipe for California Fig and Sausage Strata at www.CaliforniaFigs.com #CaFigs #MothersDay #brunch



JUNE

California Fresh Fig Season is Back

The story: California's Fresh Fig season started in mid-May and will continue through mid-December. When you see them, buy them! There's nothing sweeter than a luscious California Fresh Fig. How to buy and store fresh figs? Select plump, fragrant figs that have a little give when touched. The fruit should be soft and yielding to the touch, but not mushy. Smell the fruit. If it smells slightly sour, it has already begun to ferment. When figs get beyond their prime, they begin to collapse inward and lose their round shape. Fresh figs should be refrigerated as soon as possible and store up to seven days. When you're ready to eat them (which is usually right away!), wash them and no need to peel. Just take a bite and enjoy the colorful, sweet flesh inside!

Featured recipe: [Marinated Tomato, Fresh Fig and Feta Cheese Pizza](#)

Social suggestion: California Fresh Figs are back in season! How do you buy and store fresh figs? Visit www.CaliforniaFigs.com for tips and recipes for enjoying this luscious, seasonal fruit!





AUGUST

Fuel Back to School with California Figs

The story: Even the kids can get in on the fig fun! Fig Newton anyone?! Try a healthier homemade version of California Fig Layer Bars for school lunches or welcome them home with a bowl of Homemade Muesli with California Figs, Almonds and Dark Chocolate served over yogurt or ice cream. Full of fiber, potassium and calcium, California Figs are a great snack for kids all on their own!

Featured recipe: [Homemade Muesli with California Figs, Almonds and Dark Chocolate](#)

Social suggestion: Fuel up with figs! #CaFigs are an excellent source of fiber and contribute essential vitamins and minerals to sustain the school day.



JULY

Fire it Up with Figs

The story: Fire up the grill! California Figs are a mouth-watering treat when you turn up the heat. Figs caramelize on the grill adding sweetness to summertime staples like in these Grilled Pork Kebabs with California Fresh Figs. California Figs are also the perfect accompaniment to all your grilling favorites - be it beef, chicken, lamb, pork or fish - so fire it up this summer with figs!

Featured recipe: [Grilled Pork Kebabs with California Fresh Figs](#)

Social suggestion: Fire it up with California Figs! Sweet, juicy figs are available now and perfect for backyard BBQs. Marinades, sauces, grill toppings, and more available at www.CaliforniaFigs.com!





SEPTEMBER

Get Fit with Figs

The story: California Figs FIT a healthy and active lifestyle! No wonder: figs are full of fiber, potassium, calcium and antioxidants so they can power you through your day or your workout. They are also fat, sodium and cholesterol free making them ideal for snacking or throwing them into your favorite recipes. Need a fit fig recipe on the go? Make No-Bake California Fig Energy Balls at the start of the week to guarantee you'll have a healthy breakfast or snack at the ready.

Featured recipe: [California Fig Energy Balls](#)

Social suggestion: #CaFig Energy Balls are the perfect snack to make ahead (no bake!) for a grab-and-go breakfast or snack throughout the week: www.CaliforniaFigs.com



OCTOBER

Fig Dishes to FALL For

The story: You can find California Fresh Figs through December in select areas, but, if you're not one of the lucky ones to still have fresh available nearby, try these fall favorites where fresh or dried figs can be used: Pork Tenderloin with California Fig-Cocoa Sauce, California Fig, Fontina and Prosciutto Panini (you'll "fall" in love with the hint of sweetness from dried or fresh figs in an elevated grilled cheese!) or California Fig Turkey Chili. Yes, figs and chili – so good!!

Featured recipe: [California Fig Turkey Chili](#)

Social suggestion: Figs in chili?! Oh heck yes! California Figs bring a slight sweetness to the sauce making it a delicious and nutritious addition you'll FALL for! www.CaliforniaFigs.com





DECEMBER

'Tis the Season for Figgy Pudding & More!

The story: Looking for a signature ingredient to star in your upcoming holiday celebrations? Look no further! California Figs are festive and flavorful, adding just the right amount of special to any holiday menu. You'll find tons of holiday ideas (yes, including a traditional California Figgy Pudding!) at www.CaliforniaFigs.com, including California Figs with Brie and Fresh Thyme, Beef Tenderloin with Fig-Cocoa Glaze and Mission Fig Steak Sauce, and Roasted Cauliflower with California Figs and Lemon. Adding any one of these spectacular dishes to your table will guarantee to please party palates!

Featured recipe: [Beef Tenderloin with Fig-Cocoa Glaze and Mission Fig Steak Sauce](#)

Social suggestion: Need a side dish that sizzles this holiday season? You won't believe how good cauliflower and #CaFigs pair together until you try it! www.CaliforniaFigs.com



NOVEMBER

Get Festive with Figs

The story: Want to stun your guests with a turkey masterpiece this Thanksgiving? Decorate your platter with either California Fresh or Dried Figs alongside fresh green herbs such as rosemary and thyme. Pair the bird with a California Dried Fig & Cider Sauce which will dazzle taste buds and minds. To kick off the feast, start with Pears with Teleme and Fig Compote. Cheers!

Featured recipe: [Pears with Teleme and Fig Compote](#)

Social suggestion: Kick off your #Thanksgiving feast with a Pear, Teleme and #CaFig Compote #FTW! www.CaliforniaFigs.com





For additional information and all the great recipes found inside and more,
visit www.CaliforniaFigs.com



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