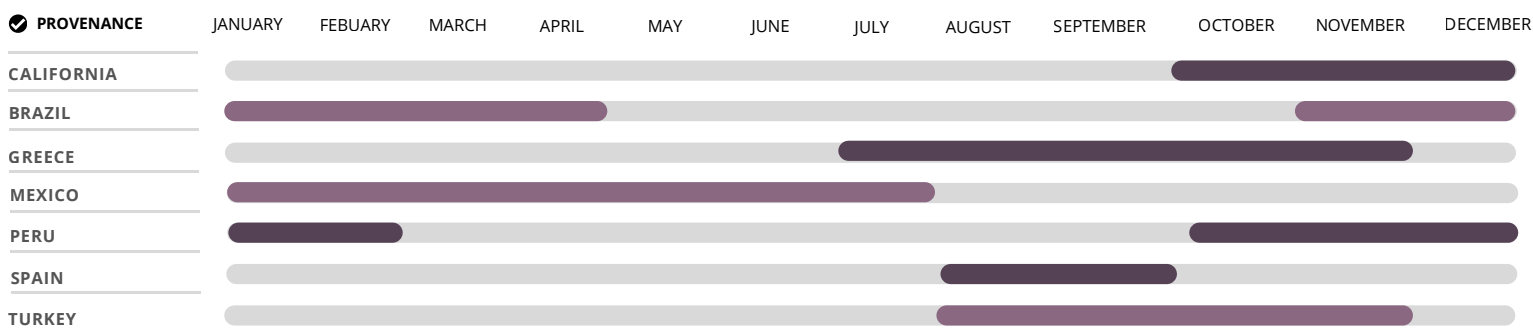


# FIG



*The fig is a fruit that has been cultivated for thousands of years, originating from the Mediterranean basin. The fig is the fruit of the fig tree. However, it is considered as a false fruit because its bulb closes thousands of tiny flowers that must be fertilized. There are several varieties such as black, yellow and brown figs.*

## AVAILABILITY AND PROVENANCE



## TARGET CUSTOMER: ARAB, ITALIAN & GREEK

## OPTIMAL TEMPERATURE FOR CONSERVATION

2 - 3°C

## PURCHASE GUIDE

Choose plump fruits that are soft to the touch but not bruised. Their skin should be smooth, without excessive cracks, and have a deep color (purple, green, or black depending on the variety). A slight oozing of nectar at the base is a sign of ripeness and sweetness.

## CONSUMPTION

The fig is eaten fresh or dried. It can be cooked as a dish, pastry, or jam. Pies, cakes, tiramisu, sorbet ... the fig is very versatile. When it is fresh, it makes an excellent decoration!

## NUTRITIONAL VALUE

The fig was recommended to athletes for its energetic value. It is rich in vitamin B3, calcium, potassium, iron, fiber and it promotes intestinal transit.

