

HARVEST OF THE MONTH: FIGS



NUTRITION FUN FACTS:

- Figs are a great resource of dietary fiber, which helps digestion and can prevent constipation
- Figs are also rich in Vitamin B6. Vitamin B6 can help our body make antibodies. Our body needs antibodies to fight diseases.

Fun snack ideas!

HOW TO EAT FIGS :

1. Eat them plain or toss a few slices in your favorite green salad!
2. Dehydrate and continue enjoy them even if the fresh figs are out of season.
3. Make a Fig & Ricotta Toast. Top your toast with some ricotta cheese and sliced figs. Drizzle with honey and sprinkle with sea salt.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Ripe figs are soft but not mushy.
2. Look for soft and plump figs. Give them a gentle squeeze to check for softness.

BEST TIME TO EAT:

JULY-SEPTEMBER



RECIPE: SPINACH SALAD WITH APPLES AND EGGS

DIRECTIONS

1. Place eggs in saucepan in a single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just until boiling. Remove from heat and cover. Let eggs stand in hot water about 12 minutes. Drain and fill pan with cold water; let sit 10-15 minutes. Peel and slice.
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-sized chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing and serve!

INGREDIENTS

For 4 servings:

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz package)
- 1 cup whole-grain croutons
- 1/2 cup light honey mustard or poppy seed dressing

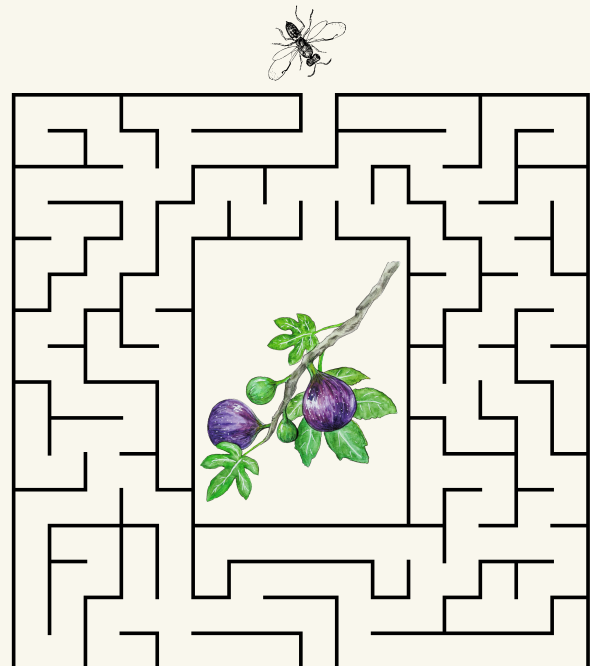
[HTTPS://WWW.MYPLATE.GOV/RECIPES/MYPLATE-CNPP/SPINACH-SALAD-APPLES-AND-EGGS](https://www.myplate.gov/recipes/myplate-cnpp/spinach-salad-apples-and-eggs)

ACTIVITY: HELP POLLINATE FIGS

Do you know figs are not just fruit? A fig is the stem of an inflorescence- A collection of many flowers and seeds inside a bulbous stem.

Inside a fig is a maze of tiny flowers. Figs need a unique pollinator- a tiny Fig wasp!

Can you help the fig wasp find the figs?



[HTTPS://WWW.FS.USDA.GOV/WILDFLOWERS/POLLINATORS/POLLINATOR-OF-THE-MONTH/FIG_WASP.SHTML](https://www.fs.usda.gov/wildflowers/pollinators/pollinator-of-the-month/fig_wasp.shtml)