

NEW ZEALAND FIGS

fresh
produce
new zealand



One of the world's oldest trees, the Fig tree can be traced back to the earliest historical documents.

Considered exotic in some areas of the world, Figs have a unique, sweet taste, with a texture that combines a soft and chewy flesh, the smoothness of their skin and slightly crunchy, edible seeds.

Delicious eaten fresh or dried, Figs can be used in a variety of ways. They can be quartered and added to salads or cheese boards, baked stuffed with goats cheese and your favourite nuts or poached and served with yoghurt.

AVAILABILITY

JAN FEB **MAR** APR MAY JUN JUL AUG SEP OCT NOV DEC

PACK

Single layer tray (place packed) & Retail punnets

WEIGHT

2kg approx.

COUNTS

25 | 28 | 30 | 33 | 36 | 42

Whilst Figs are best at the firm to tender stage, the more ripe they are, the more antioxidants they provide.

They are high in fibre and a good source of several essential minerals, including magnesium, manganese, calcium, copper, and potassium, as well as vitamins, principally K and B6.

Figs have many amazing health benefits that include promoting healthy, regular bowel function, lower cholesterol levels, strengthening bones, and through the fatty acids they contain, reduce the risk of coronary heart diseases.



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