

Figs



Selecting

Figs come in both green and dark purple varieties. They have a teardrop shape and are filled with tiny edible seeds. Choose soft, plump figs that still give a little when touched. Figs do not ripen after being picked, so do not select the ones that are very firm. Look for figs with stems still attached and intact as loose stems are usually a sign that the fruit is overripe.

Storing

Figs are very delicate and have a relatively short shelf life. Stored at room temperature, figs will last for 2 - 3 days. They will keep up to a week stored in a single layer in the crisper drawer of the

refrigerator. You can also freeze figs for longer storage. Simply wash and pat dry, put them on a baking sheet lined with parchment paper and freeze for 2 hours. Transfer to freezer bags or an airtight container and they will keep for up to a year.

Preparing

Be sure to handle figs with care. When you are ready to eat them, rinse them under cool water then pat dry. Once the stems are removed, the figs can be left whole or cut into halves or quarters. They can be enjoyed raw or incorporated into recipes.

Eating

Figs have a sweet, honey-like taste and a soft texture. Their small edible seeds give them a nice crunch. Once prepared, they can be enjoyed raw, baked, broiled, fried or grilled. Figs can be preserved by drying, jamming or pickling. Figs pair well with both sweet and savoury foods. Try these delicious ideas:

- Add to a charcuterie board with olives, citrus fruits, cured meats and aged cheese
- Drizzle roasted figs with balsamic glaze
- Toss into your next salad or sandwich for added crunch and flavour

- Enjoy as a topping on yogurt
- Top your next pizza with figs and caramelized onions
- Dice them and add to muffins, cookies or bread, the same way as you would add raisins

Seasonality

Figs are typically in season starting in mid-May and last through November.

Nutrition

Figs (140g portion) are high in fibre and a source of manganese, vitamin B6, potassium, magnesium and vitamin K.

