

Figs Fact Sheet

- Figs are actually an inverted flower and grow in the fertile, sunny valleys of California in beautiful orchards.
- Figs can be traced back to ancient Mesopotamia and were brought to California by Franciscan missionaries in 1769, giving the name “Mission” to the popular domestic variety.
- California produces 100% of the nation’s dried figs and under the best growing conditions and highest quality standards in the world.
- Like Dates, Figs are an excellent source of fiber. They are rich in antioxidants and are fat, sodium and cholesterol free.
- All fig products are inspected by the American Council for Food Safety and Quality of the Dried Fruit Association for compliance to grade and quality standards.