



Geography/History

Figs are one of the very first plants to be cultivated by humans. They have been documented throughout history as a food source for over 11,000 years. They were first cultivated in ancient Egypt, though they are believed to be indigenous to Western Asia. They still have a huge presence in Northern Africa and throughout the eastern Mediterranean, specifically Greece and Turkey.



See the table below for in depth analysis of nutrients:
 Fig fruit (*Ficus carica*),
 Nutrition Value per 100 g.

Principle	Nutrient Value	Percentage of RDA
Energy	74 Kcal	4%
Carbohydrates	19.18 g	15%
Protein	0.75 g	1.5%
Total Fat	0.30 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.9 g	7%
Vitamins		
Folates	6 mcg	1.5%
Niacin	0.400 mg	2.5%
Pantothenic acid	0.300 mg	6%
Pyridoxine	0.113 mg	9%
Riboflavin	0.050 mg	4%
Thiamin	0.060	5%
Vitamin A	142 IU	5%
Vitamin C	2 mg	3%
Vitamin E	0.11 mg	1%
Vitamin K	4.7 mcg	4%
Electrolytes		
Sodium	1 mg	0%
Potassium	232 mg	5%
Minerals		
Calcium	35 mg	3.5%
Copper	0.070 mg	8%
Iron	0.37 mg	5%
Magnesium	17 mg	4%
Manganese	0.128 mg	5.5%
Selenium	0.2 mcg	<1%
Zinc	0.15 mg	1%
Phyto-nutrients		
Carotene-β	85 mcg	--
Lutein-zeaxanthin	9 mcg	--

Description/Taste

The matured Black Mission **Fig** "fruit" has a tough peel (in this case, green giving way to deep purple), often cracking near the stem end upon ripeness, and exposing the pulp beneath. The soft creamy white interior contains a seed mass bound with jelly-like flesh. The edible seeds are numerous and generally hollow, unless pollinated. Pollinated seeds provide the characteristic nutty taste of dried figs.

