

Harvest of the Month



Network for a Healthy California

The Harvest of the Month Featured vegetable is

Fig



Health and Learning Success Go Hand-in-Hand

- The foods we eat should bolster our health, but many are contributing to several hundred thousand premature deaths from heart attack, stroke, diabetes, and cancer each year.
- Food Day aims to transform the American diet. All Americans should be able to select healthy diets. And healthy diets for students translates to improved learning in the classroom and beyond. Use Harvest of the Month to help teach students how to eat healthy and be active every day

Healthy Serving Ideas

Figs are nutrient-rich fruits packed with fiber, potassium, and antioxidants, offering benefits for digestive health, heart health, bone density, and skin, by aiding regularity, regulating blood pressure, strengthening bones with calcium, and fighting inflammation.

Produce Tips

Select ripe figs by looking for a deep, vibrant color, a slight droop on the branch, and a soft, "jelly-like" feel, particularly around the neck. Ideal, sweet figs often have skin cracks or a small bead of nectar (sugar) at the bottom. Avoid firm, hard, or overly mushy, moldy figs.

Classic Arugula & Fig Salad Ingredients

- 6 Cups arugula
- 6-8 fresh figs
- 4 oz crumble goat cheese
- ¼ cup Toasted Pistachios
- ⅓ Thinly Sliced red onion.
- 2 tbs Olive oil
- 1 tbs Fresh lemon Juice

Instructions

- Combine all ingredients in a large bowl, drizzle with dressing, and toss gently.
- Make it Creamy/Salty: Use goat cheese, feta, or gorgonzola to contrast with the sweet figs.
- Add Crunch: Toasted walnuts, pecans, or pine nuts are highly recommended.
- **Add Protein:** Top with crispy prosciutto, bacon, or grilled chicken.
- **Dressing Ideas:** Balsamic vinaigrette, hot honey balsamic, or a simple lemon-olive oil dressing works best
- **Preparation:** Assemble the salad right before serving to keep the arugula crisp.

How Much Do I Need?

- The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.
- Make half your plate fruits and vegetables to reach your total daily needs! Remember that all forms of fruits and vegetables count – fresh, frozen, canned, dried, and 100% juice. And you can enjoy pumpkins cooked, canned, as juice, and even the seeds!

Nutrition Facts

Serving size	About 4 figs (40g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	26g 9%
Dietary Fiber	4g 14%
Total Sugars	19g
Includes 0g Added Sugars	0%
Protein	1g
Vitamin D	0mcg 0%
Calcium	60mg 4%
Iron	0.8mg 4%
Potassium	270mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Let's Get Physical!

- At home: Start a garden for you and your family.
- At work: Take stretching breaks! Stretch a couple of minutes for every hour you work.
- At school: Encourage your child to get involved with the school garden.
- With the family: Get everyone involved in planting and weeding!
- For gardening ideas, visit: www.kidsgardening.org

What's in Season?

- Fig season generally runs from early summer (May/June) through fall (October/November), with two main harvests: an early, smaller "breba" crop and the main, larger crop in late summer to fall, depending on the fig variety and growing region. You'll find fresh figs peaking in grocery stores from around July to October, but some varieties offer fruit earlier or later, with winter availability possible from Southern Hemisphere sources.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

