



F - FIG

- Figs thrive in hot dry climates - The Franciscan Monks brought figs to California from the Mediterranean in the 18th century.
- Fig trees have no blossoms on their branches - the blossom is inside the fig - tiny flowers produce the crunchy little edible seeds we eat.
- Eating a half of cup of figs provides as much calcium as drinking a half of cup of milk.



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