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## DELICIOUSLY DELECTABLE FIGS

If you're looking to add a fruit tree to your garden and want one that is relatively easy to care for, consider a fig tree. About 7 years ago I bought one online. when it arrived it was about 10 inches tall. At the time we lived in Pennsylvania so the tree was planted in a container I could move indoors when the weather turned colder. When we moved into our Easton home full time in 2020, our fig tree was integrated in the design of our new backyard garden, and it has grown beautifully. When first planted the top of the tree barely came half way up our fence, and as you can see (at right) it is far above that now. I regularly prune leaves



as I found that if I do not, the foliage becomes too dense and the fruits are hidden.

The first year I missed a lot of the ripe fruit that I could not see which was very disappointing because they became over-ripe and not edible.

Figs are easy to cultivate and are a great source of fiber. The texture has been described as creamy, with a subtle flavor that has undertones of vanilla, and I love the deep purple color. The American Diabetes Association also has highlighted that figs help in the functional control of diabetes. When you consider in your garden

where to plant, keep in mind that figs need about 6 hours of sunlight a day. As we did, it is best to plant your tree near a structure so they get proper exposure but not too much sunlight.

There are numerous ways you can prepare and use figs. My husband makes a delicious fig tart, and we are fans of fig pizza. The pizza uses freshly sliced or preserved fig jam as the "sauce" and we add mozzarella (or gorgonzola) cheese and sliced prosciutto; after baked,



you can top with some fresh arugula for

another delicious layer. We sometimes also add a drizzle of sweet balsamic vinegar or extra virgin olive oil. I also enjoy eating fresh figs right off the tree and have caught my dogs enjoying a few that have grown low to the ground. Fresh figs also make a lovely addition to salads; if you plant a tree I'm sure you will find many ways to enjoy for very little effort!