



Home > [Figs](#) < [Figs](#) < [Figs](#)

## Figs

1395/09/12 moderator7  
:Figs

[1] [Figs](#)



[2]

Figs are a type of fruit that is rich in fiber and antioxidants. They are also a good source of potassium and calcium. Figs are often used in cooking and baking, and they can also be eaten fresh.

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- [3] http://www.njava.com