Deuteronomy 8:8
a land of wheat and barley, vines and figs and pomegranates, a land of oil producing olives and honey,

Kings I 5:5
And Judah and Israel dwelt safely, every man under his vine and under his fig-tree, from Dan even to Beer-sheba, all the days of Solomon

Babylonian Talmud, Sanhedrin 98a
R. Abba also said: There can be no more manifest [sign of] redemption than this: viz., what is said, But ye, O mountains of Israel, ye shall shoot forth your branches, and yield your fruit to my people of Israel, for they are at hand to come.
Mishne Torah-Hilchos Deos 4:1
Figs, grapes, and almonds are always good, whether fresh or dried, and one may eat of them as much as he needs, and even they they are the best of fruits one should not eat them too regularly. (translation Gideon Aronovich)

Mishne Torah-Hilchos Deos 4:13
A person should always endeavor to have a soft stool, close to diarrhea. This is an important principle of health. When one has constipation or difficulty in eliminating, many illnesses come. (translation Gideon Aronovich)

Habakuk 3:17
For a fig tree shall not blossom; neither is there produce on the vines. The labor of the olive tree shall fail, and the grain field shall not produce food. The flock shall be cut off from the fold, and there shall be no cattle in the stalls.

Babylonian Talmud, Ketubot, 10b
R. Hana of Bagdad also said: Dates warm, satisfy, act as a laxative, strengthen and do not make [one] delicate. Rab said: If one has eaten dates, he should not give a legal decision. An objection was raised. Dates are wholesome morning and evening, in the afternoon they are bad, at noon they are incomparable, and they remove three things: evil thought, stress of the bowels, and abdominal troubles!
R. Huna observed: There [in Babylonia] utensils are manufactured from it [the palm tree]. Then will you say: as the cedar does not produce fruit, so are the righteous?

Therefore it is stated, ’The righteous shall flourish like the palm-tree‘: as no part of the palm has any waste, the dates being eaten, the branches used for Hallel, the twigs for covering [booths],7 the bast for ropes, the leaves for besoms, and the planed boards for ceiling rooms, so are there none worthless in Israel, some being versed in Scripture, others in Mishnah, some in Talmud,1 others in Haggadah. And as whoever climbs to the top of the palm and the cedar and does not take care of himself falls and is killed, so whoever comes to attack Israel eventually receives his deserts on their account, the proof being that because Pharaoh took possession of Sarah for one night he and his household were smitten with plagues, as it is written, AND THE LORD PLAGUED PHARAOH, etc.

Sources not included:
Mishna Berura 202:44
Arizal, Sefer Halikutim, parshat Eivev, chapter 8
Rabbi Meir Loeb Ben Jehiel Michael, 1809–1879, in his commentary on Proverbs 27:18
Eben Ezra on Chabuk 3:17

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