



Avocado

Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA, Peru

Receiving Information:

- Selection: Look for fruit that gives slightly when touched if planning to use the fruit right away.

Storage/Handling:

- Uneven ripening: Indication of improper storage temperatures. Improperly stacked avocado boxes may also cause uneven ripening. Maintain proper storage temperatures for unripe fruit. Ordering preconditioned avocados will also help prevent uneven ripening. Insure proper air circulation and temperature control.
- Grayish-brown discoloration of skin or pulp: dark streaks through flesh: Indication of chill injury. Note: Exposure to ethylene gas may increase symptoms of chill damage.

- Refrigeration: Consumers should not refrigerate their unripe avocados because that can lead to uneven ripening.
- Storage: If consumers have avocados that are ripe and ready to eat but they are not ready to use them, the avocados can be refrigerated for 3-5 days to extend their shelf life. They should not leave ripe avocado out on their counter or at room temperature for too long before they are ready to use them because this can lead to the fruit over-ripening. Exposing avocados to ethylene-producing fruit will cause them to ripen quickly, and may increase symptoms of chill damage.
- Ethylene Producer: Yes
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: Yes
- Ripens After Harvest: Yes
- Mist: No
- Odor Sensitive: No

- Usage: Good for eating fresh in salads, raw, or a condiment.
- Taste: Mild, rich, nutty flavor
- Shape: Pear shaped
- Scientific Name: Persea Americana
- Skin Texture: Smooth, hard
- Flesh Description: Yellow-green to pale green, thick, smooth, fatty flesh
- Size: Medium

Nutrition Facts

Serving Size: 1 Calif. Avocado (Black Skin)

Amount Per Serving

Calories 218	Fat Calories
% Daily Value*	
Total Fat 20 g	
Sat Fat 3 g	0%
Trans Fat	
Cholesterol 0 mg	
Sodium 10 mg	0%
Total Carbohydrates 12 g	9%
Dietary Fiber 9 g	36%
Sugars 1 g	
Protein 3 g	6%
Potassium 660 mg	14%
Vitamin A 1%	Vitamin C 18%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet.