



# Avocado

## Enjoy avocados all year!

Avocados are a fruit that grows on a tree and can be technically classified as a berry. They have a taste that ranges from rich, creamy and buttery to light and fruity, depending on the variety. They are available year-round, coming from U.S. growers March-October and growers outside the U.S. (including Chile, Mexico and Peru) November–February.

### Did you Know?

- $\frac{3}{4}$  of the calories in avocados are from fat, but mostly from the “good” monounsaturated fats that help lower “bad” LDL cholesterol and raise “good” HDL cholesterol.
- Avocados are rich in omega-3 fatty acids, helping reduce inflammation.
- They are high in potassium and fiber, with around 700 milligrams of potassium and 9 grams of fiber per cup.
- One serving is  $\frac{1}{5}$  of a medium avocado (about 1 ounce).

### Purchase to Preparation

- If you plan to use the avocado right away, buy it ripe. They should yield to light pressure, but should not be mushy.
- To ripen hard avocados, try storing them for a few days on your counter in a closed paper bag with an apple or banana.
- Once fully ripe, you can store them for a few days in the refrigerator to slow further ripening.
- Wash avocados, then cut or peel as desired. To watch a video on cutting an avocado, visit either website listed below.
- Avocados brown quickly, so cut them right before serving.
- To store cut avocados, dip the cut side in lemon or lime juice, and cover tightly with plastic wrap or use an airtight container. Refrigerate. Extra avocado can also be pureed with lemon or lime juice (1 tablespoon per avocado) and frozen.

### For more information:

Haas Avocado Board: <http://www.avocadocentral.com/>

California Avocado Commission <http://www.californiaavocado.com/>



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<http://www.flickr.com/photos/barron/2960096819/>

### Ideas for using avocados

The creamy consistency and mild flavor of avocados make them a versatile, nutritious ingredient. Try them in:

- Desserts
- Dips
- Fajitas
- Salads
- Salsas
- Sandwich spreads



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