

# AVOCADO



Avocados, also known as Alligator Pears, are a fruit, not a vegetable.

There are hundreds of varieties of avocados; however, the Hass avocado is the variety that the general public has become familiar with.

Because the Hass avocado has a long growing season, large fruit production, and a good shipping tolerance it makes it the ideal avocado variety.

The Hass avocado is known for its leathery thick skin that turns near black when fully mature. The inside flesh closest to the skin is a pale lime green color with the flesh closest to the pit more yellow. Avocados are grown in California, Florida, Chili, Peru and Mexico. Avocadoes are a good source of fiber, potassium, and vitamins C, K, folate, and B6. Half an avocado has 160 calories, 15 grams of heart-healthy unsaturated fat. Avocadoes are usually enjoyed fresh either by themselves or in recipes such as guacamole.