



# How to Select an Avocado from Mexico...

- **READY TO EAT TODAY:** Avocado will easily yield to gentle pressure in the palm of your hand.
- **READY TO EAT TOMORROW:** Avocado will yield to gentle pressure in the palm of your hand.
- **READY TO EAT IN 2-3 DAYS:** There will be a slight give to the avocado.

**WHEN FULLY RIPE, THE COLOR WILL BE DARK GREEN OR BLACK**

## How to ripen at home...

To ripen an Avocado from Mexico, place it in a brown paper bag at room temperature. To ripen faster, put an apple or banana in the bag.

**SEE BACK** for how to handle, store and enjoy!



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## How to handle an Avocado from Mexico...

- Wash avocado before cutting.
- Cut the avocado lengthwise around the seed, and twist halves in opposite direction to separate.
- Use a spoon to scoop out the seed and avocado meat. Or remove the skin with your fingers or knife, starting at the small end of the avocado.

## How to store an Avocado from Mexico...

- Ripe avocados can be stored in the refrigerator for 2-3 days.
- If avocado is cut, sprinkle it with lemon or lime juice and store in an air-tight container.
  - To freeze pureed avocados, mash the cut avocado with lemon or lime juice; press plastic wrap directly on the mixture before placing in container.



## Lots of ways to enjoy...

- Avocados are a great addition to salads, soups, sandwiches, burgers, pasta, entrees, pizza...be creative!
- Avocados are loaded with nearly 20 vitamins and minerals.
- Try substituting Avocados from Mexico for sandwich spreads. With their mono and polyunsaturated good fat, you get the same rich, creamy texture - but half the saturated fat and calories!

Discover all of the health benefits at  
[theamazingavocado.com](http://theamazingavocado.com)

