



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

