

## your quick-guide to ripe avocados

Print and use this guide at the supermarket to find the Avocado that best fits your needs, or at home when preparing your favorite recipes!



### light green

Very firm. Ready to eat in about 5 days.



### medium green

Firm. Ready to eat in about 3 days.



### breaking

Somewhat firm. Ready to eat in 24 hours.



### pre-ripe

Somewhat soft. Ready for slicing.



### dark ripe

Softer. Ready for all uses.

## storage

Avocados at stages 2 – 4 can be stored at room temperature in an area with good circulation to continue their ripening.

Avocados at stages 4 – 5 can be stored in your refrigerator (36° to 40° F) for up to one week.

Discover great recipes, meal ideas, nutrition information and more at [theamazingavocado.com](http://theamazingavocado.com)