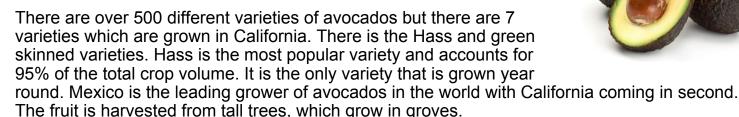


Avocados



Avocados are considered a fruit not a vegetable. Unlike most fruits which have a sweet or acidic taste, avocados have a smooth buttery consistency with a faintly nutty flavor. Avocados have more protein than any other fruit. They have been nicknamed the "alligator pear" because of their alligator skin texture and pear shape.



While the prime season for avocados is late winter/early spring, they are readily available year-round.

Avocados are a good source of fiber, potassium, and vitamins C, K, folate, and B6.

AVAILABILITY

