



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.



There are over 500 different varieties of avocados but there are 7 varieties which are grown in California. There is the Hass and green skinned varieties. Hass is the most popular variety and accounts for 95% of the total crop volume. It is the only variety that is grown year round. Mexico is the leading grower of avocados in the world with California coming in second. The fruit is harvested from tall trees, which grow in groves.

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

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Mexico | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| California | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | | | |
| Chile | ✓ | ✓ | ✓ | | | | | | | ✓ | ✓ | ✓ |