

Avocados





Avocados

SHOPPER'S TIPS

- Look for avocados that give slightly to gentle pressure. Firm avocados can be ripened at home for use later in the week.
- Avoid avocados that are very soft.

FUN FACTS!

- Avocados came from Central America over 7,000 years ago.
- European sailors once used avocados as their form of butter.

WHAT IS IN IT FOR YOU?

Half an avocado is:

- A source of fiber, vitamin K, folate, vitamin C, vitamin B6, and potassium.

SERVING IDEAS

- Add diced avocados to your favorite salad.
- Replace mashed avocados for mayonnaise in sandwiches.

PEAK SEASON

California grown varieties, available from winter to summer, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Let hard avocados ripen on a countertop or place in a paper bag for two to three days at room temperature. Refrigerate ripe avocados for up to three days.