

AVOCADO SCIENCE!

Avocados don't ripen on the tree. They ripen after they have been picked. But you can help them ripen faster with science!

1



Start with a bright green, firm avocado fresh from the supermarket.

2



Place the avocado in a brown paper bag along with an apple or banana. These fruits give off a gas (ethylene) that speeds up the ripening process.

Fold the bag and store it at room temperature for 2-3 days.

3



Check daily to see if the avocado is turning dark green or black.

4



Once it starts to change color, reach in and give the avocado a squeeze. If it yields to gentle pressure, it's ripe and ready to enjoy or refrigerate for later!

Avocados contain nearly 20 nutrients, including vitamins and minerals, good fats, and fiber. Add avocados to your family meals with these great recipe ideas!



Avocado Chicken Waldorf Salad



Frankenstein Avocado Toast



Overloaded Mexican Potato Skins

eat brighter!™

Learn more about Avocados from Mexico at AvocadosFromMexico.com



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Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to scientific statements. While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk. Heart-Check certification does not apply to recipes.

Resources: AvocadosFromMexico.com, Avocadoescentral.com, Ymiclassroom.com

