

HOW TO RIPEN AN AVOCADO

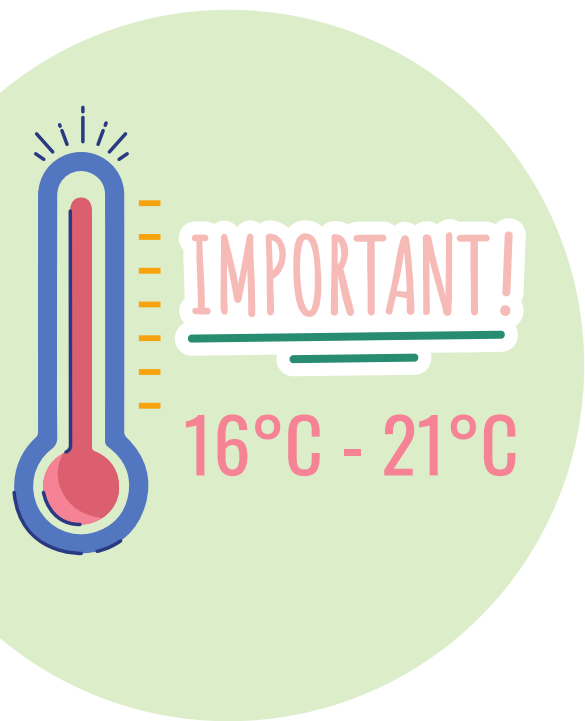
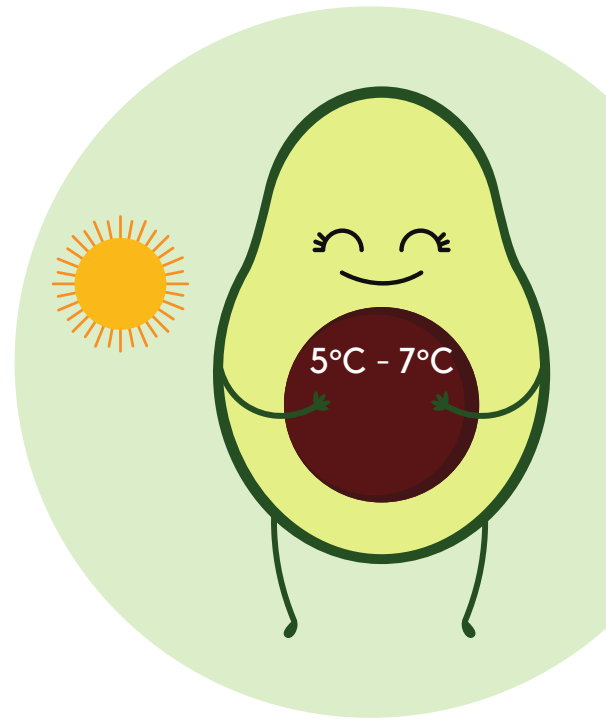


STEP 1: SELECT

Buy local produce when in season. From mid-November to April, we select and pick the best avocados off our trees and supply direct to you. We like to leave the stems on to help prevent damage. We know when each variety are mature and ready for picking. Patience is a virtue here, because if they are picked too early, they are watery and the flavour is not as good.

STAGE 2: STORE

Avocados will store well for a few weeks at 5 to 7 degrees. **NOT IN THE FRIDGE.** This is just a little too cold for avocados and the thin skin varieties do not like it. Store in a COOL spot like the pantry or where you store your wine perhaps. Of course, if you want to eat them soon, move on to RIPEN Stage 3.



STAGE 3: RIPEN

Ripen at room temperature for between 7 to 10 days from picking. You can speed this process up by placing in a brown paper bag with a banana, or in your fruit bowl. How do you know when they are ripe? Look & Touch. Test by using gentle pressure near the stem to see if it yields. Green skin avocados (Fuerte & Reed) stay green even when ripe and the Hass variety skin turns from green to a purplish-black when ripe.

STAGE 4: EAT

Cut in half around the stone. Twist. Scoop out flesh and you have delicious, creamy avocado that can be used in lots of recipes. There are subtle differences between the varieties with flavour, texture and colour. Avocados are a great source of healthy fats, fibre, folate, niacin, vitamins C, B5, E & K, potassium and antioxidants. Great for your immune system. It can even help your body absorb nutrients from other foods better. Definitely a superfood!

