

Harvest of the Month™

SUMMER - AVOCADOS



AVOCADOS, A LOCALLY GROWN FRUIT OF SAN DIEGO COUNTY, ARE AN AMAZING SOURCE OF VITAMINS AND MINERALS! RICH WITH OMEGA-3 FATTY ACIDS, VITAMINS A, E, K, B6, AND POTASSIUM, THE AVOCADO MAKES AN EXCELLENT ADDITION TO ANY MEAL!

FOOD WASTE PREVENTION

- KEEP RIPE AVOCADOS IN THE CRISPER DRAWER IN THE FRIDGE FOR UP TO THREE DAYS
- RUB CITRUS JUICE ON CUT AVOCADOS TO AVOID BROWNING
- PRESERVE A HALF OF AN AVOCADO BY FILLING A CONTAINER WITH WATER AND PLACING THE AVOCADO FLESH-SIDE DOWN IN THE WATER. COVER AND PLACE IN THE FRIDGE FOR UP TO TWO DAYS
- AVOCADOS DO NOT RIPEN ON THE TREE, ONLY AFTER THEY HAVE BEEN PICKED. MAKE SURE TO EAT YOUR AVOCADOS BEFORE THEY ARE TOO RIPE!

HEALTHY SERVING IDEAS



ADD SLICED AVOCADOS TO YOUR FAVORITE SALAD



MASH AVOCADOS ONTO TOAST OR SANDWICHES



USE AVOCADOS TO MAKE GUACAMOLE AND SALSA



FUN FACTS

NATIVE TO THE TROPICS OF CENTRAL AMERICA, THE AVOCADO TREE ORIGINATED IN SOUTHERN MEXICO AND COLUMBIA AROUND 7,000 YEARS AGO

COMMON AVOCADO VARIETIES



FUERTE

MEDIUM TO LARGE, PEAR SHAPED; DELICATE, THIN SKIN



HASS

MEDIUM, OVAL; THICK, TEXTURED SKIN



BACON

MEDIUM, OVAL; LIGHT, CREAMY FLESH



ZUTANO

MEDIUM, PEAR-SHAPED; MILD TASTE



REED

LARGE, ROUND; NUTTY FLAVOR



FUN FACTS

ORIGINALLY CALLED AHUACATL BY AZTECS OF ANCIENT MEXICO, THE FRUIT LATER BECAME KNOWN AS THE AGUACATE BY THE SPANISH CONQUISTADORS IN THE 16TH CENTURY. LATER NICKNAMED THE ALLIGATOR PEAR BECAUSE OF ITS ROUGH SKIN BY THE ENGLISH.

GROW YOUR OWN AVOCADO PLANT!

MATERIALS

- RIPE AVOCADO
- CUTTING BOARD
- KNIFE (ADULT USE ONLY!)
- BOWL OF WATER
- CLEAR CUP - GLASS OR PLASTIC
- TOOTHPICKS

HOW IT WORKS

A SEED IS THE BEGINNING OF AN AVOCADO'S LIFECYCLE. WHEN PLANTED, THE SEED STARTS TO GROW WITHIN 4-8 WEEKS. THE SEED SPLITS, ALLOWING A ROOT TO GROW DOWN AND SPROUT UP. EVENTUALLY, IT WILL BECOME A SEEDLING, THEN PRODUCE FLOWERS, AND FRUIT AFTER 4 OR 5 YEARS. INSIDE EACH AVOCADO IS ANOTHER SEED, READY TO START THE LIFE CYCLE OVER AGAIN!

INSTRUCTIONS

1. HAVE AN ADULT CAREFULLY CUT OPEN THE AVOCADO AND REMOVE THE SEED
2. WASH THE SEED IN THE BOWL OF WATER OR UNDER THE SINK
3. PEEL AWAY THE THIN BROWN SKIN OF THE SEED AND THROW AWAY
4. HOLD THE SEED SO THAT THE POINTIER END IS UP AND PUSH 3 EVENLY SPACED TOOTHPICKS INTO THE SEED, AVOID THE LINES OR CRACKS
5. PLACE THE SEED INTO THE CUP BY RESTING THE TOOTHPICKS ON THE LIP
6. POUR WATER INTO THE CUP UNTIL THE SEED IS HALFWAY COVERED
7. PLACE THE CUP WITH THE SEED IN A WARM PLACE OUT OF DIRECT SUNLIGHT
8. WAIT FOR THE SEED TO SPROUT! IT CAN TAKE 4-8 WEEKS
9. CHANGE THE WATER WEEKLY



ACTIVITY FROM: [HTTPS://WWW.GENERATIONGENIUS.COM/WP-CONTENT/UPLOADS/DIY-ACTIVITIES/GROW-AN-AVOCADO-PLANT-DIY.PDF](https://www.generationgenius.com/wp-content/uploads/diy-activities/grow-an-avocado-plant-diy.pdf)

GUACAMOLE RECIPE

INGREDIENTS

- 3 RIPE AVOCADOS
- 1/2 SMALL RED ONION, DICED
- 2 TOMATOES, DICED
- 3 TBSP FINELY CHOPPED CILANTRO
- 1 JALAPENO PEPPER, SEEDS REMOVED AND FINELY DICED
- 2 GARLIC CLOVES, MINCED
- 1 LIME, JUICED
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

1. SLICE THE AVOCADOS IN HALF, REMOVE THE SEED AND SCOOP INTO A MIXING BOWL
2. MASH THE AVOCADO WITH A FORK TO YOUR DESIRED TEXTURE
3. ADD THE REMAINING INGREDIENTS AND STIR TOGETHER
4. TASTE TEST IT AND ADD MORE SEASONING AS NEEDED
5. SERVE WITH CHIPS OR ADD ON TOP OF A MEAL



RECIPE FROM: [HTTPS://DOWNSHIFTLOGY.COM/RECIPES/BEST-EVER-GUACAMOLE/](https://downshiftology.com/recipes/best-ever-guacamole/)