

Storing and Handling

There are over 500 avocado varieties in the global marketplace, but the Hass variety dominates in volume and popularity. Fresh California Avocados' peak season is typically March through September.

Storing

- For best results, order pre-conditioned avocados
- Stack cases to allow proper air circulation
- Check daily and refrigerate any ripe avocados
- Only RIPE avocados should be refrigerated
- Store at 36° to 40° F for up to one week
- FIFO (First in, first out): Place cases with FIRM avocados in back of cooler and rotate ready-to-use cases to front

Storing Cut Fruit

- Air on a cut fruit surface will turn the fruit brown
- Preserve a cut avocado's color by spraying, brushing or dipping exposed surfaces with lemon juice or milk
- Cover cut surface with plastic wrap to seal out exposure to air

For tips on how to prepare and store cut avocados for speed service, visit <https://www.californiaavocado.com/foodservice/product-information> and click on “**California Avocado Handling for Speed Service**”

Stages of Ripeness

Careful pre-conditioning by packers and importers ensures better tasting, more flavorful avocados and allows greater flexibility when ordering avocados.

FOODSERVICE STAGES OF RIPENESS

ORDERING & HANDLING FRESH CALIFORNIA AVOCADOS

FIRM / PRE-CONDITIONED

Very hard fruit, firm to the touch. Feels like an apple. Allow 5–7 days to ripen at room temperature (60°–70°F). (15–25 lbs. of pressure or more)

BREAKING

Beginning to soften with a slight give to fruit. Feels like an orange. Ready to eat in 2–5 days if held at room temperature (60°–70°F). (10–15 lbs. of pressure)

RIPE

Easily yields to gentle pressure. Feels like a ripe peach. Good for all uses. Will remain in this condition for 2–3 days if held at room temperature (60°–70°F). Alternatively, refrigerate (36°–40°F) for up to 5 days. (5 lbs. of pressure or less)

PALM SQUEEZE

Place a California Avocado in the palm of your hand and gently close your fingers around the fruit. Avoid squeezing with fingertips. Ripe, ready-to-eat fruit will be firm yet yield to gentle pressure.

STORAGE

Only when avocados have ripened should they be stored in a refrigerator or cooler at 36°–40°F.

Check new shipments of California Avocados and place cases with FIRM avocados in back of cooler and rotate ready to use cases to front (First In, First Out).



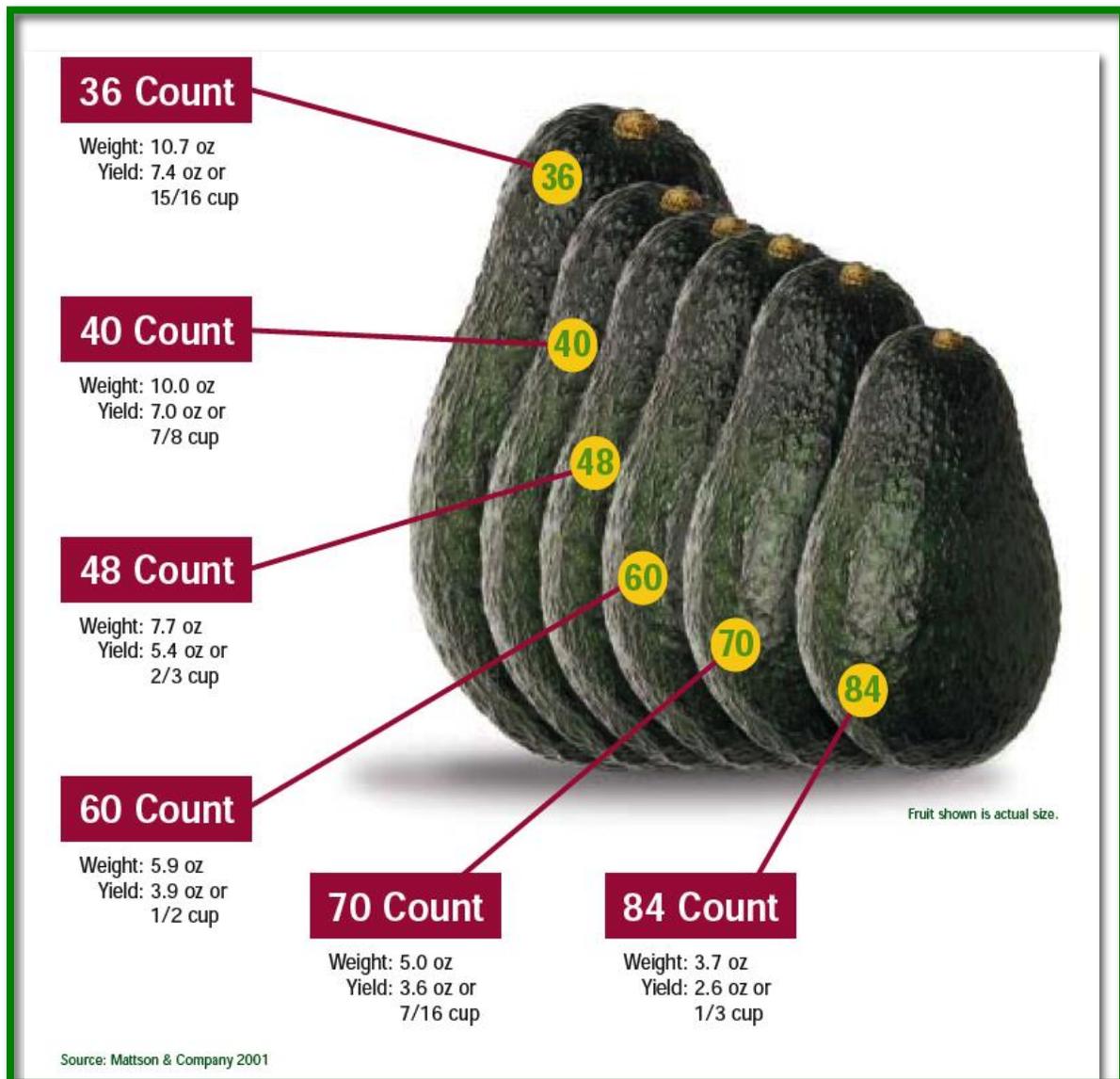
For More Information

CaliforniaAvocado.com/Foodservice

Hot Applications

- Fresh avocados can be sautéed, grilled, baked, char-grilled, battered, breaded and fried
- Avocados retain their shape and color during any cooking method
- Avoid exposure to direct heat (broiling); cook the avocados briefly or add at the end of long-cooking dishes
- For best results, choose nearly ripe avocados (Breaking Fruit)
- Avocados will soften during cooking resulting in a pleasant flavor
- If deep-frying, protect/coat the avocado with batter, dough or wonton wraps

Ordering and Selection Process



Peeling Technique

