

# 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](http://CaliforniaAvocado.com/Foodservice)