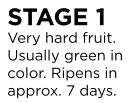
AVOCADOS 101 _____ Selection, Receiving, and Handling Tips

Stages of Ripeness







STAGE 2 Pre-conditioned fruit is ready to eat in approx. 3 to 5 days if held at room temperature. **STAGE 3** Breaking (pre-conditioned) fruit has slight give at top & bottom. Ready to eat in approx. 3 days if held at room temperature.



STAGE 4

Firm/Ripe fruit yields to gentle pressure. Ready to eat and will remain ripe for a day if held at room temperature.



STAGE 5 Ripe fruit yields to gentle pressure. Use same day for all uses

or refrigerate for up to 3-5

days.





Store Level Receiving and Handling

Preconditioned, breaking and firm ripe fruit can be held at room temperature of 65 to 70 degrees Fahrenheit — in an area with good air circulation — to continue ripening.

1. Store boxes with hard, unripened fruit on the bottom.

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- 2. Stack boxes with soft ripened fruit on top.
- 3. Keep both green and ripened avocados refrigerated at 40 degrees Fahrenheit.
- 4. Handle avocados with care. When you pack them, think of them as eggs.

5. Avocados are fragile and need a gentle touch. Rough handling, squeezing or tossing can damage them.

