

AVOCADOS 101

Selection, Receiving, and Handling Tips

Stages of Ripeness



STAGE 1

Very hard fruit. Usually green in color. Ripens in approx. 7 days.



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.



Avocado Size Chart



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.
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.