



AVOCADOS

The avocado is thought to have originated in Southern Mexico, but the fruit was cultivated across the Rio Grande down to central Peru centuries ago.

Most varieties are pear-shaped and can range in skin color from yellow-green to green to a dark purple that is almost black in appearance. Avocados are sodium and cholesterol-free, and low in calories. They are also a good source of Vitamins B, C, E, and K, as well as fiber and folic acid.

Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
California	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Florida								Available	Available	Available	Available	Available
Hawaii	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Chile	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Dominican Republic	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Mexico	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Peru					Available	Available	Available	Available	Available			
New Zealand	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available

Available