

BUYER'S GUIDE

AVOCADOS



UNRIPE

GOOD FOR

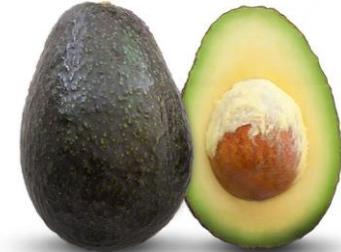
- Eating in 4-5 days

WHAT TO LOOK FOR

- Firm
- Bright green color

STORAGE

- Store at room temperature or in a brown bag to speed up ripening
- If you cut an unripe avocado, it will not continue to ripen.



ALMOST RIPE

GOOD FOR

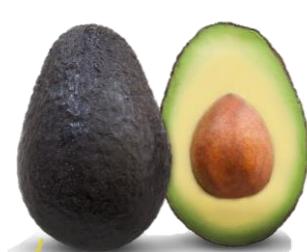
- Eating in 2-3 days

WHAT TO LOOK FOR

- Firm but will have slight give with pressure
- Slightly bumpy skin texture
- Seed will be hard to remove when cut

STORAGE

- Store in refrigerator if you plan to eat in 1-2 days
- Slice and freeze if you cannot eat within 2 days



RIPE

GOOD FOR

- Eating within 2 days

WHAT TO LOOK FOR

- Firm but will give to pressure
- Darker green skin than unripe avocado
- Bumpy skin texture

STORAGE

- Store in refrigerator if you plan to eat in 1-2 days
- Slice and freeze if you cannot eat within 2 days



OVERRIPE

WHAT TO LOOK FOR

- Deep indentations
- Dark yellow and brown colored flesh
- Dark green or black skin
- Mushy

TIPS TO AVOID OVERRIpening

- Buy avocados at various levels of ripeness so they all don't ripen at the same time
- Store almost ripe avocados in the refrigerator to slow ripening process

PURCHASED GUACAMOLE



GOOD FOR

- When ripe avocados are needed but not available
- Travel snacking

WHAT TO LOOK FOR

- Product with limited artificial or non-traditional guacamole ingredients as possible. These products are typically higher in sodium than homemade guacamole.

STORAGE

- One benefit is these products have much longer shelf-life compared to homemade guacamole. Follow manufacturer storage and use by date information.