

— Avocado 101 —

Ripe or Not? Check Your Avocado's Firmness and Color



Not Ripe Firm

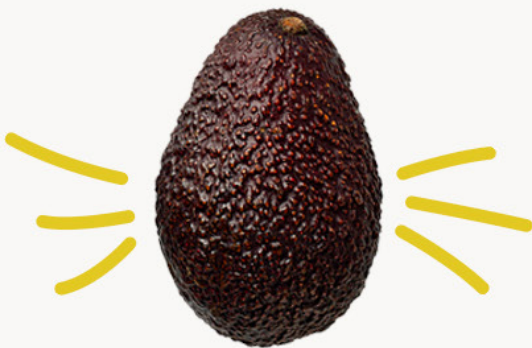
Days to Ripe:
4-5 Days

Firm avocados are bright green. Store them at room temperature or place them in a brown paper bag with an apple or banana to speed up ripening.

Almost Ripe | Breaking

Days to Ripe: 1-2 Days

Breaking avocados feel less firm but do not yield to firm gentle pressure. They should ripen in a day or two at room temperature.



Ripe | Ready to Eat

Eat that same day

Ripe avocados may have a darker color and should feel lightly soft but not mushy. They can be safely stored in the fridge for up to a week.



Overripe | Past Ripe

Days to Ripe: Past Due 🙄

Overripe fruit will feel very mushy to the touch. For the best eating experience pass on the overripe fruit.



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Little-Known Facts You Need to Know

1

Whether it's ripe or not, popping off the stem of an avocado triggers premature oxidation that can negatively impact color, texture and taste for when you are ready to eat.



2



Storing avocados in water to prolong freshness? **Think again!** This hack can increase the risk of foodborne illnesses.

3

Always give your **avocados** a good wash with water before cutting them open.



4

When slicing an avocado, avoid holding it in your palm. Always use a cutting board or a flat surface. **Keep your hands safe!**

