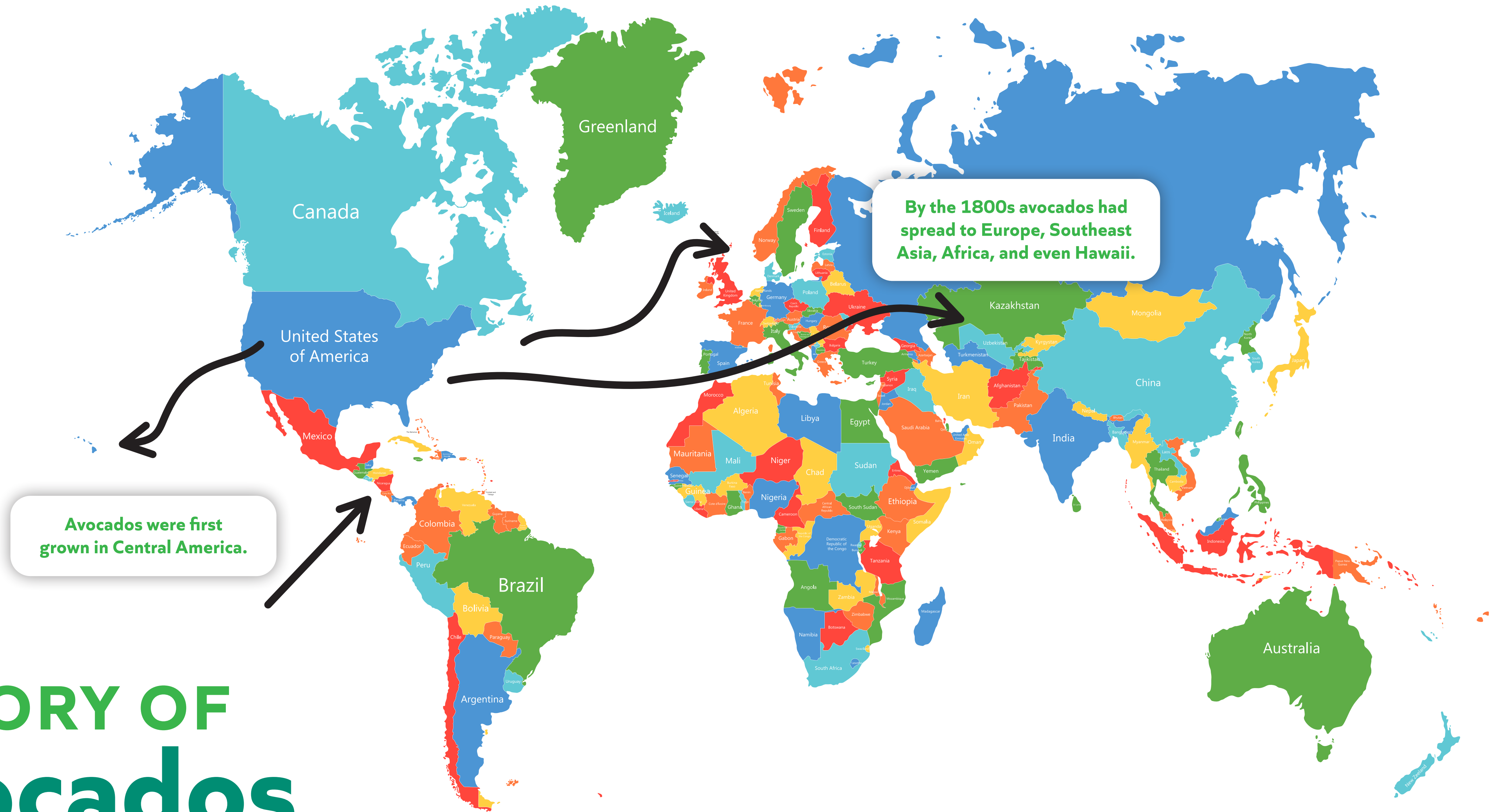


HARVEST OF THE MONTH:

# Avocados



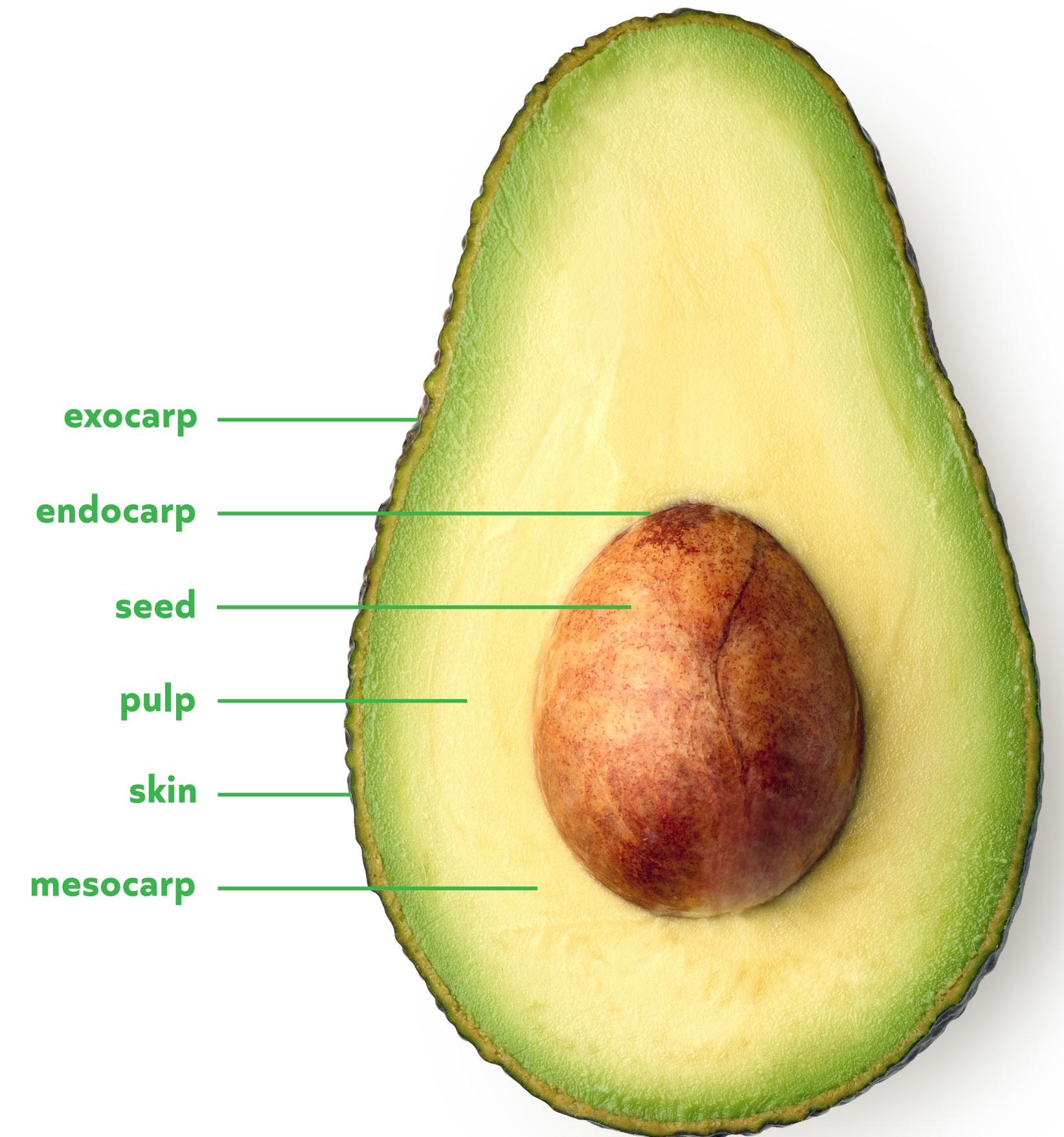




# HISTORY OF Avocados





Avocados grow  
on trees that can  
be up to 80 feet tall.



# HOW DO AVOCADOS GROW?





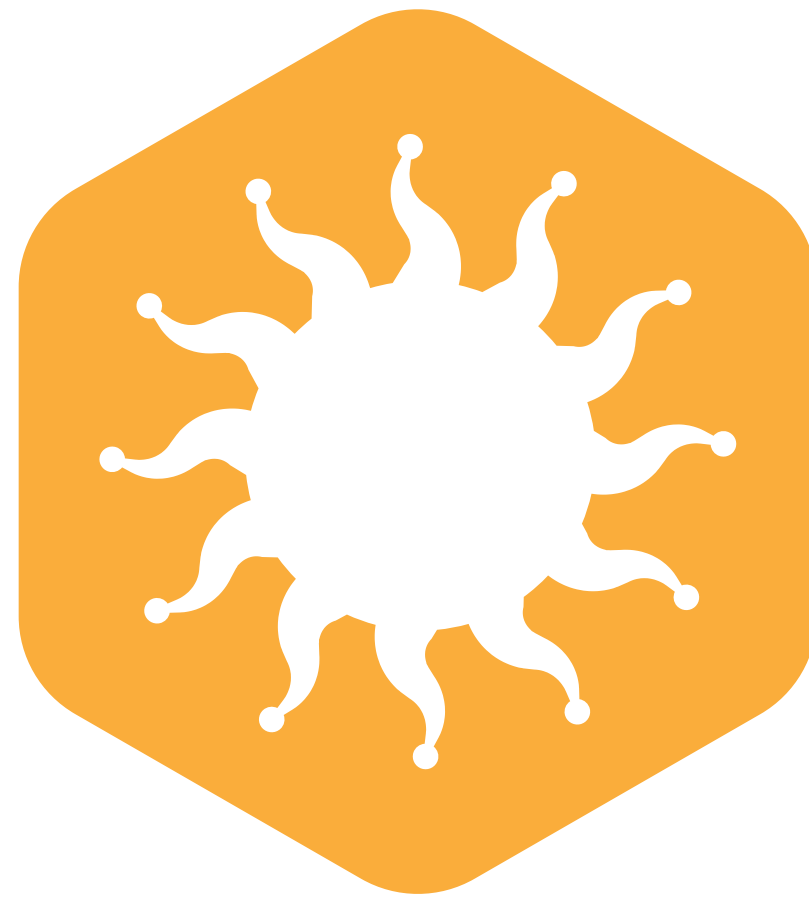
After pollination by insects,  
the flowers swell to become  
the avocados we eat.

# HOW DO AVOCADOS GROW?



# WHAT SEASON DO WE PICK AVOCADOS?

Avocados are harvested all year, however, certain varieties have peak production at specific times of the year. Avocados are not able to grow outside in South Dakota because it is too cold.



SUMMER



AUTUMN



WINTER



SPRING

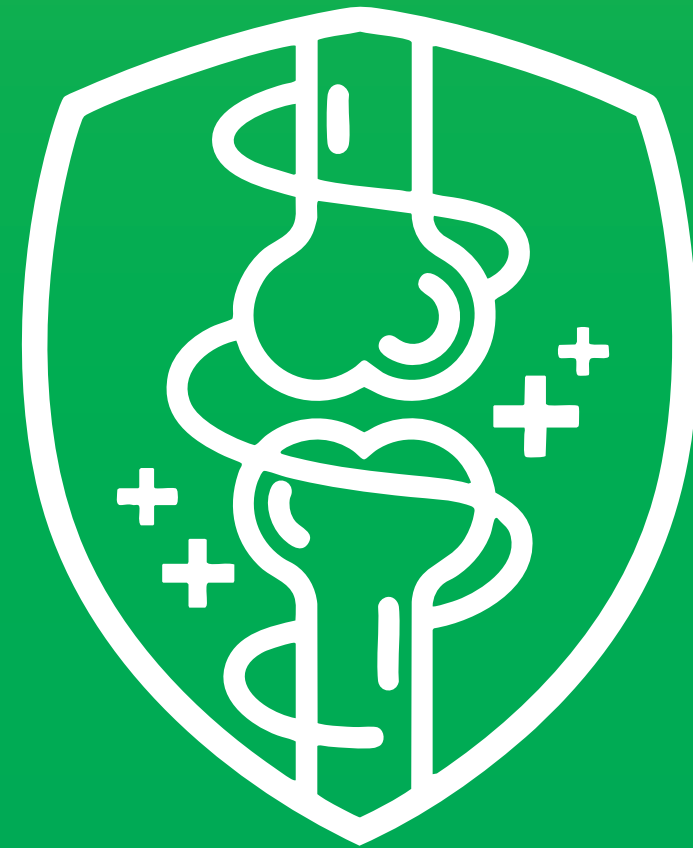


# WHY SHOULD WE EAT AVOCADOS?

**Healthy heart  
and blood**



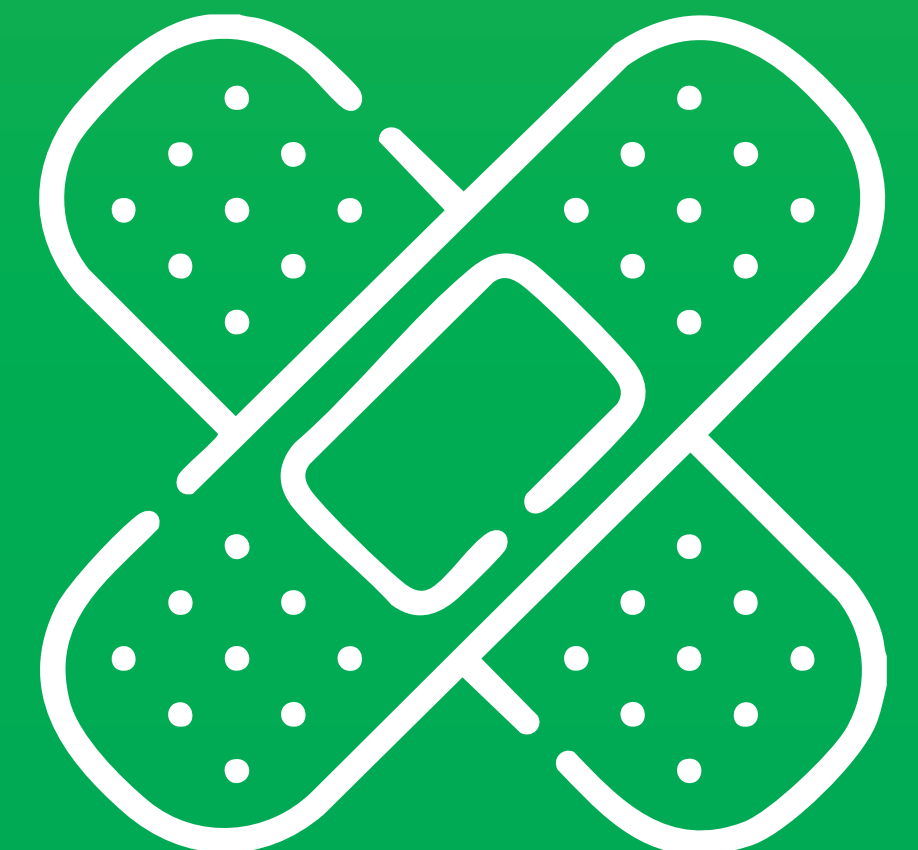
**Strong bones**



**Healthy digestion,  
cleans out your system**



**Contains vitamin  
K – heals cuts**





# HOW DO YOU PICK A GOOD AVOCADO?

- The Avocado should be firm, and give to gentle pressure.
- Hass avocados turn dark green or black when they are ripe. Other types stay green on the outside.
- Rub lemon or lime juice onto cut fruit to avoid browning.



**FUN FACT:** Avocados do not ripen on the tree, they will fall off of the tree and ripen on the ground, so the fruit is always picked before it is ripe.





LET'S TRY SOME  
**Avocado!**

