

AVOCADO

The fruit of life

How to tell if an avocado is ripe

1 When selecting your avocado, look for one that feels heavy for its size and has no bumps or bruises.

2 Pay attention to the colour!



Bright green and firm to the touch. Will ripen in 5–7 days at room temperature.



Dark green and starting to soften. Will ripen in 2–5 days at room temperature.



Dark green, almost black, and yields to light pressure at the tip.

3 Hold the avocado in the palm of your hand and squeeze it gently. If it yields just a little, it's ready to eat.

Tips and tricks for the best taste



Top tip 1: Store the avocados at room temperature – preferably in a paper bag – and check the ripening process every day.



Top tip 2: Place your unripe avocado inside this bag with either an apple or a banana. The emitted ethylene gas accelerates the ripening process.



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