

AVOCADO 101



Fruit or Vegetable?



Fruit!
Avocados are actually berries!

Can you eat the seed?



It is not recommended. More studies are needed to determine value of eating the seed.

How is avocado oil made?



Avocado oil is made from the pulp after the fruit has been de-pitted and de-skinned.

How nutritious are they?



One-third of a medium avocado (50 g) contributes nearly 20 vitamins and minerals.

How many grow on one tree?



A single California Avocado tree can produce on average about 60 pounds or 150 fruit a year!