

# HOW TO PICK AND STORE THE PERFECT AVOCADO

Wondering how on earth you tell when an avocado is ripe? What do you do with the half you don't eat to stop it going brown? How do you prolongue the life of your avocado? We answer all these questions and more.

We know that choosing and storing the perfect avocado is a challenge. We've all seen the memes about the avocado being good for like 5 seconds, but with a bit of guidance from us, we can help you get the most from your avocados



Almost 40 years ago Katrina's Grandma Gwen, gave Deb and Sandy the money to plant 100 avocado trees for a bit of fun because she loved them and they were such a luxury fruit back then. Little did Gwen know she was really on to something. This area grows some of the best avocados in the world.

40 years on Tim and Katrina now get to share these delicious avocados with you. With a myriad of health benefits, millions of ways to use them and a delicious flavour our goal is to get everyone enjoying the perfect avocado every time.



# YOUR GUIDE TO GETTING THE PERFECT AVOCADO

Firstly – avocados don't ripen until you pick them! Lot's of people still don't know this but this is a big part of the reason why it's so hard to find a perfectly ripe avo in the supermarket. Once picked the ripening process starts and it can take anywhere from 7-14 days to ripen.



# THE TOP TIPS!

Follow these steps to take the stress out of ripening your avocados so you can get great avocados every time. Of course buying from us is the only way to guarantee they're perfect but this should help!

1

Buy direct from us and we guarantee you perfect avos every time because we grow the best quality avos, with the best practices, we don't cold store for long period and we don't use ripening rooms. They will be direct from our family to yours and perfect every time.

2

We always suggest getting your avocados hard green and ripening them yourself, (hence again, it's always best to buy direct from us!) But, if you do have to buy them in store to eat straight away, just press them near the stem and see if they yield to pressure. They should yield to pressure but feel a bit firm and not too spongy.

3

Once you get them home store them in the fruit bowl at room temperature. If you want them to ripen more quickly pop them next to a banana and keep them warm. Temperature is the most important factor in avocados ripening so don't put them in the fridge when they are hard green, or they won't ripen and they'll go weird.

4

Once they have ripened you can go ahead and pop them in the fridge if you are not going to use them straight away, this will help them keep for another week or so. You will lose a little bit of quality but not too bad.

5

If you only eat half the avocado and you want to keep the rest, you can just run the other half under cold water and pop it in the fridge and it'll keep for 24 hours or so without browning – we know – best trick!



# GOOD AVOS ALWAYS

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