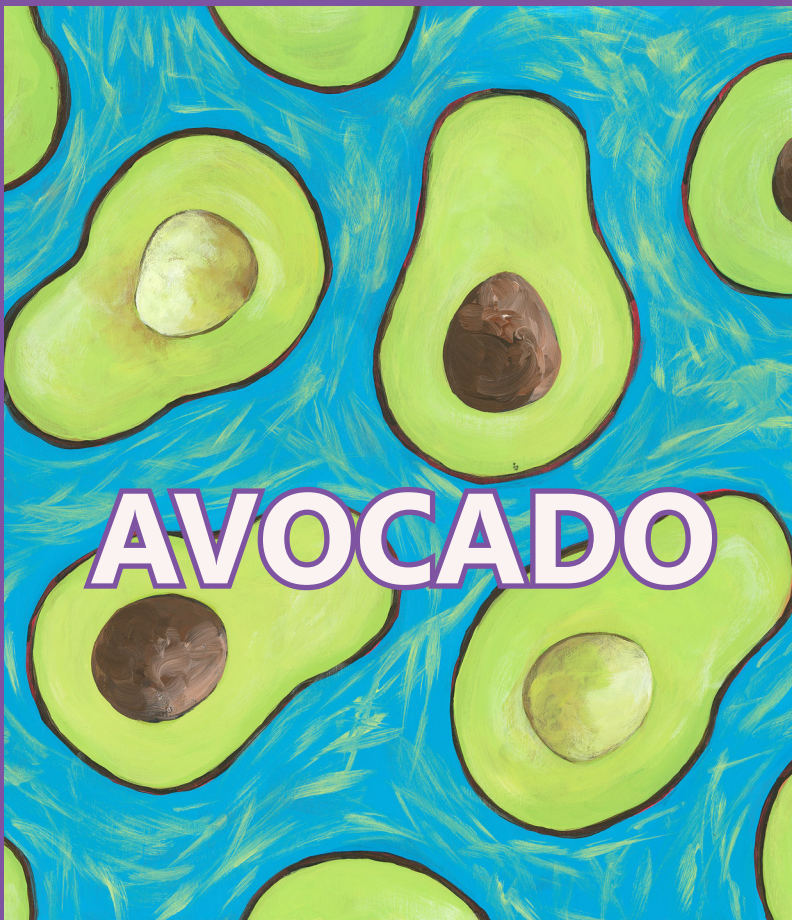


Harvest of the Month



Literature Links

- *Guacamole*, by Jorge Argueta
- *Bravo Avocado!*, by Chana Stiefel

Local Highlight

Avocado production is not possible in Humboldt County, but there are many varieties grown commercially in Southern California, primarily in San Diego County. These varieties include Hass, Pinkerton, Sir Prize, Bacon, and Fuerte.

Joke Corner

Q: What do robots have with their guacamole?

A: Computer chips.

Q: How do avocados say goodbye?

A: See you later avogator, in a while guacodile!

Q: What do you say to an avocado who's done a good job?

A: Bravocado!

Harvest of the Month



AVOCADO

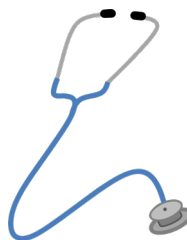
Persea americana



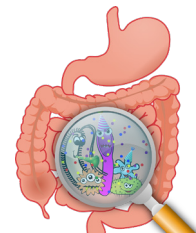
Spanish: el aguacate, la palta
Hmong: txiv avocado

Nutrition Power

Avocados are an excellent source of folate, healthy fats, and fiber.



Folate and Healthy Fats
help keep your heart and cells healthy!



Fiber
helps your digestion!

History

Avocados originated in what is now Mexico and Central America. Native peoples domesticated the tree over 5,000 years ago but wild avocados were probably eaten by prehistoric ground sloths before humans were around! The first avocado trees were planted in the U.S. in the 1800's in Florida and California. They became popular in those states fairly quickly, but it wasn't until the 1950's that residents of other parts of the U.S. began eating avocados. Mexico is the world's largest avocado producer.



Did You Know?

- Plant part we eat: FRUIT
- Avocado trees can grow as tall as 80 feet and produce 200-400 pieces of fruit in a year.
- California ranks first nationally in avocado production, growing more than 90% of the nation's crop.
- There are hundreds of types of avocados, but the Hass variety is the most common one in California.
- In some countries such as the Philippines, Vietnam, and Indonesia, avocados are often blended with milk or ice cream to make a dessert drink.

