

# Harvest of the Month



## AVOCADO



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some avocado on its own.
2. **MAKE** a dish with avocado using the recipe and ingredients provided.
3. **LEARN** about avocados with the information below.



### Fun Facts

- Avocados originated in south-central Mexico.
- Avocado trees can grow as tall as 80 feet and produce as many as 400 pieces of fruit in a year.
- California ranks first nationally in avocado production, growing more than 90% of the nation's crop. Avocados are grown mainly along the southern coastline.
- Avocados are an excellent source of folate and healthy fats, which keeps your heart and cells happy!

### Joke Corner

Q: What do robots have with their guacamole?

A: Computer chips.

Q: What did one avocado half say to another?

A: Without you I'm empty inside.

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

A: Bravocado!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



*Got CalFresh? Be sure to reach out to DHHS or one of the many community partners if you ever have a question about the program. Family Resource Centers and Food For People are wonderful resources.*