



AVOCADOS

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- Avocados are an excellent source of fiber and monounsaturated fat, a healthy fat for your body.
- Avocados are eaten sweet rather than savory in some countries. They are blended with milk or ice cream to make a dessert drink in the Philippines and Indonesia.
- Avocados are the official fruit of California, where over 90% of U.S. avocado production is located. Still, most of the avocados eaten in the U.S. are imported, mainly from Mexico.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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GARDENING: Grow Avocado Trees

Supplies Needed:

- One large avocado seed, washed
- Three toothpicks
- Glass jar
- Large pot (about 10.5 inch diameter)
- Soil for pot

Directions:

1. Use toothpicks to suspend the seed (pointed end up and flat end down) over water-filled jar. Seed should be submerged in the water about one inch.
2. Place jar in warm sunny spot. A window sill works well. Refresh the water as needed.
3. Roots and stems will sprout in about 2-6 weeks. Be sure the root is completely submerged in water at all times.
4. When stem is about seven inches long, cut back by half.
5. When roots are thick and stems have leaves again, transplant to a pot leaving the top half of the seed exposed. Keep soil moist as the avocado grows.



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