

PLPA-HG014-01

## **AVOCADO (*Persea americana*)**



### **Origin**

The avocado tree, which produces the avocado fruit, is native to Central Mexico. It most likely originated in the state of Puebla, Mexico.

### **Food production**

Avocado fruits have one large seed or pit inside about the size of a golf ball. This seed can be planted and a new avocado tree will grow. Not all avocado trees bear fruit, but if they do, the fruit bearing process may take years. Avocado trees grow in warm climates. California and Florida are the two main U.S. producers of avocados.

### **Nutritional Qualities**

The avocado fruit has more potassium than bananas, as well as folic acid and vitamin K. Avocados are high in fiber and fat, which is good for a vegetarian diet. At least half of the fat is in the form of oleic acid, a monounsaturated fat that may lower bad cholesterol levels.

### **Famous Dishes**

People usually eat the inside of the avocado raw. A well-known avocado dip is called guacamole, and is very popular in Mexican fare. Avocados are delicious on sandwiches and in soups and salads. Avocados tend to brown, so it is best to use the cut fruit quickly. Some people use lemon to slow down the browning process.