

AVOCADOS

Guacamole is the biggest produce snack consumed during the Super Bowl.

Avocado is Pinterest's most pinned food trend and is featured in two of the top pins of 2015— Avocado Egg Bake & Avocado Hummus.

Avocado Toast has been dubbed the “most annoying food on Instagram.”

Easy, Fresh Guacamole

Ingredients:

4 Avocados, cubed
4 Roma tomatoes, seeded & diced
Cilantro leaves (to taste)
1 Jalapeno, finely minced
2 Garlic cloves, minced
1/2 Red Onion, diced
1 Lime, juiced

Directions:

Mix onion, cilantro, jalapeno, lime juice, and garlic. Add chopped tomatoes and mix. Gently fold in avocados. Serve with fresh veggies or warmed tortilla chips. (Serves 12)

Avocados are everywhere—salads, sandwiches, burgers, and breakfast! Below are some quick tips for handling avocados.



Storage & Handling Tips

Uniform softness is the best indicator of ripeness— not color. Avocados are ideal when they have the softness of a stick of butter.

Heat is the single greatest factor in destroying the quality of the fruit. The ideal storage temperature for your ripe avocados is 36– 42° F. Remember: Do not break the *Cold Chain*. Be sure to move your avocados and the rest of your commodities into the appropriate temperature zone immediately after checking in your order.

Handle avocados carefully, as they bruise easily. If dropped more than 6 inches, a carton of ripe avocados will bruise.

Stage 1- Hard. *Fruit is usually green in color and very hard.*

Stage 2- Preconditioned. *Ready to eat in 4- 5 days if held at room temperature.*

Stage 3- Breaking. *Slight give to fruit. Ready to eat in 2 days if held at room temperature.*

Stage 4- Firm Ripe. *Yields to gentle pressure. Good for slicing. Fully ripe the next day if held at room temperature.*

Stage 5- Ripe. *Easily yields to gentle pressure. Good for all uses. Remains in this condition for 2- 3 days if held at room temperature.*

Seashore stocks Conditioned Avocados.

Contact your sales representative for more information.

Atlantic City, NJ | Penns Grove, NJ

Ph: 609-345-3229 | www.seashoreeast.com

