



Purveyors of Fresh Fruits, Vegetables & Frozen Foods

AVOCADOS

Avocados are showing up everywhere— in salads, sandwiches, burgers, and more! Below are some quick tips to handling avocados.

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.*



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