

# FOODSERVICE STAGES OF RIPENESS

## ORDERING & HANDLING FRESH CALIFORNIA AVOCADOS

### FIRM / PRE-CONDITIONED

Very hard fruit, firm to the touch. Feels like an apple. Allow 5–7 days to ripen at room temperature (60°–70°F). (15–25 lbs. of pressure or more)

### BREAKING

Beginning to soften with a slight give to fruit. Feels like an orange. Ready to eat in 2–5 days if held at room temperature (60°–70°F). (10–15 lbs. of pressure)

### RIPE

Easily yields to gentle pressure. Feels like a ripe peach. Good for all uses. Will remain in this condition for 2–3 days if held at room temperature (60°–70°F). Alternatively, refrigerate (36°–40°F) for up to 5 days. (5 lbs. of pressure or less)

### PALM SQUEEZE

Place a California Avocado in the palm of your hand and gently close your fingers around the fruit. Avoid squeezing with fingertips. Ripe, ready-to-eat fruit will be firm yet yield to gentle pressure.

### STORAGE

Only when avocados have ripened should they be stored in a refrigerator or cooler at 36°–40°F.

**Check** new shipments of California Avocados and place cases with FIRM avocados in back of cooler and rotate ready to use cases to front (First In, First Out).



For More Information

800-344-4333

[CaliforniaAvocado.com/Foodservice](http://CaliforniaAvocado.com/Foodservice)