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## **CALIFORNIA AVOCADO SEASON IS HERE, AND IT'S THE LARGEST ONE IN YEARS**

**IRVINE, Calif. (April 2, 2025)** – California avocado season has arrived, bringing exciting news for its biggest fans: California growers are estimating their largest avocado harvest since 2020, with an estimated 375 million pounds of this locally grown favorite on its way to grocery stores and restaurants across the West in the weeks and months ahead.

“California avocado season is something true avocado lovers look forward to every year - it’s a time when they can get delicious, premium quality fruit that’s also locally grown and sustainably farmed,” said Terry Splane, vice president of marketing at the California Avocado Commission. “After months of careful tending by the state’s 3,000 dedicated avocado growers, the trees are filled with fruit and we’re eager to share this harvest with everyone.”



According to Splane, California’s avocado groves - spread across ideal growing regions in the state - are thriving thanks to growers’ stewardship of the land and their long-term investments in the crop, leading to one of the largest harvests in many years.

While small shipments of California avocados have begun arriving at some local stores in recent weeks, the season is officially kicking off now, with peak availability expected from spring through summer. Most of the fruit will be found in grocery stores and restaurants from Southern California to Washington state and select retailers throughout the nation, ensuring an abundant supply of locally grown, ethically sourced avocados. For those eager to track down some fresh, delicious California avocados in their area, CAC offers a handy store locator at [CaliforniaAvocado.com/store-locator](https://CaliforniaAvocado.com/store-locator).

## **Grown with Care, Enjoyed with a Passion**

California's avocado farmers grow premium quality avocados by prioritizing sustainable farming practices, worker well-being and support for their communities. Grown in the rich soil of California, warmed by its sunshine, cooled by gentle coastal breezes and tended to by these dedicated growers, California avocados have an exceptional taste and rich, creamy texture.

"While California avocados are a seasonal treasure, this year's robust harvest means more people will have the chance to enjoy them," added Splane. "From [energizing morning smoothies](#) to [fresh superfood salads](#) and [quick and easy guacamole](#), there's no better time to savor the best of what California has to offer."

California avocado enthusiasts can access seasonal recipes like these and more at [CaliforniaAvocado.com](http://CaliforniaAvocado.com), and follow along on Facebook at [Facebook.com/CaliforniaAvocados](https://Facebook.com/CaliforniaAvocados), and on Twitter and Instagram at [@ca\\_avocados](https://@ca_avocados).

### **California Avocado Superfood Salad**

**Serves:** 4

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

#### **Ingredients**

- 8 cups kale and/or baby spinach leaves
- 2 tbsp. extra virgin olive oil, divided
- 1/2 tsp. fine sea salt, or to taste
- 1 cup walnuts
- 1 cup blueberries
- 1 cup diced, cooked sweet potato
- 1 cup halved grape tomatoes
- 2 ripe, Fresh California Avocados, \* seeded, peeled and sliced horizontally



#### **Instructions**

1. Slice kale and spinach into fine shreds. Place in a mixing bowl and with clean hands massage half of the olive oil into the shredded greens. Place on a serving platter or individual plates and sprinkle with a little of the salt.
2. Heat the remaining oil in a medium skillet on medium heat. Add the walnuts and stir to coat with the oil. Toast for 2 to 5 minutes, stirring frequently and being careful not to burn them. Remove from the pan and let cool slightly. (This step may be prepared ahead of time or may be skipped if you prefer not to toast the walnuts.)

3. Meanwhile arrange the blueberries, sweet potatoes, grape tomatoes and avocado slices on top of the kale and spinach, leaving space for the walnuts.
4. Add walnuts to the salad and sprinkle the remaining salt over all.

\*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

### **About the California Avocado Commission**

Created in 1978, the California Avocado Commission strives to enhance the premium positioning of California avocados through advertising, promotion and public relations, and engages in related industry activities. Ethically sourced California avocados are sustainably farmed and locally grown for exceptional quality and freshness, by about 3,000 growers in the Golden State. The California Avocado Commission serves as the official information source for the California avocado industry. Visit [CaliforniaAvocado.com](http://CaliforniaAvocado.com).

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