

HARVEST OF THE MONTH: AVOCADOS



NUTRITION FUN FACTS:

- Avocados are fruit which grow on trees.
- Avocados are cholesterol free and sodium free.
- Avocados are high in vitamins and minerals such as B6, E, C, potassium, magnesium, folate (B9), and fiber.

Fun snack ideas!

HOW TO EAT AVOCADOS:

1. Try mashing avocados with spices and seasonings to make guacamole.
2. Slice them and add them to your favorite wraps, sandwiches, or salads.
3. Blend in a smoothie to add healthy fats and fiber.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Avocados often taste best when ripe.
2. Ripe avocados will feel soft on the outside, but not mushy.
3. Place ripe avocados in the refrigerator to keep them at their prime ripeness longer.
4. Place hard or unripe avocados on your countertop until ripe.

BEST TIME TO EAT:
JANUARY- MARCH



RECIPE: GUACAMOLE

DIRECTIONS

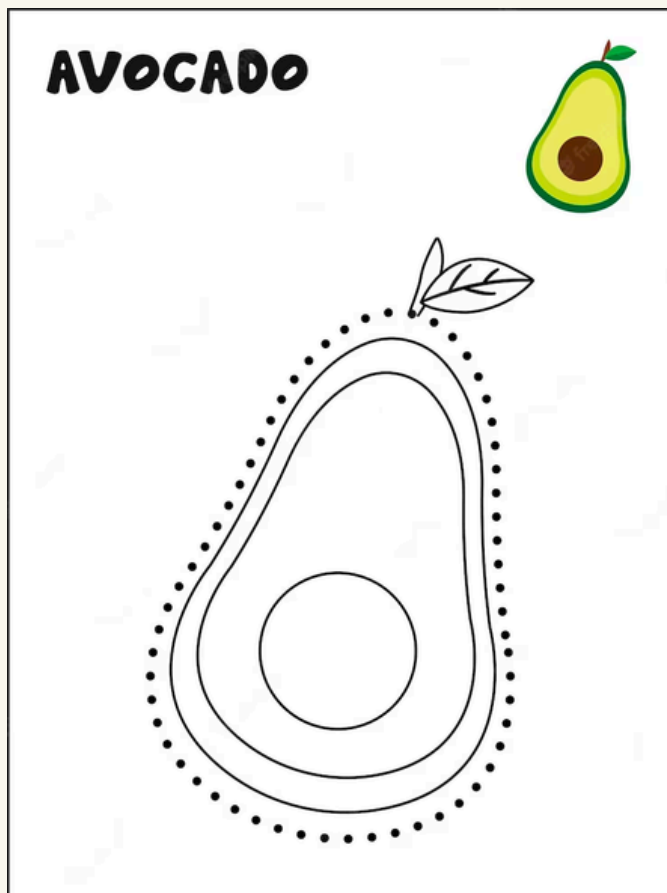
1. Cut open and seed/peel the avocados.
2. Place half of the avocados in a bowl and coarsely mash with a fork.
3. Dice the other half of the avocados and add to the bowl.
4. Add onion and salt.
5. Optional add cilantro and/or tomato.
6. Stir briefly to create a chunky guacamole and serve.

INGREDIENTS

- 4 ripe, Avocados, seeded and peeled
- 1/4 cup diced white onion
- 1/4 tsp of salt
- Lime to taste
- Optional-tomatoes
- Optional-cilantro

[HTTPS://CALIFORNIAAVOCADO.COM/RECIPE/CALIFORNIA-HASS-FAMILY-GUACAMOLE/](https://californiaavocado.com/recipe/california-hass-family-guacamole/)

ACTIVITY: TRACE AND COLOR IN THE AVOCADO



DIRECTIONS:

Trace and Color in the Avocado!

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RECIPE: LAYER DIP-INSPIRED AVOCADO TOAST

DIRECTIONS

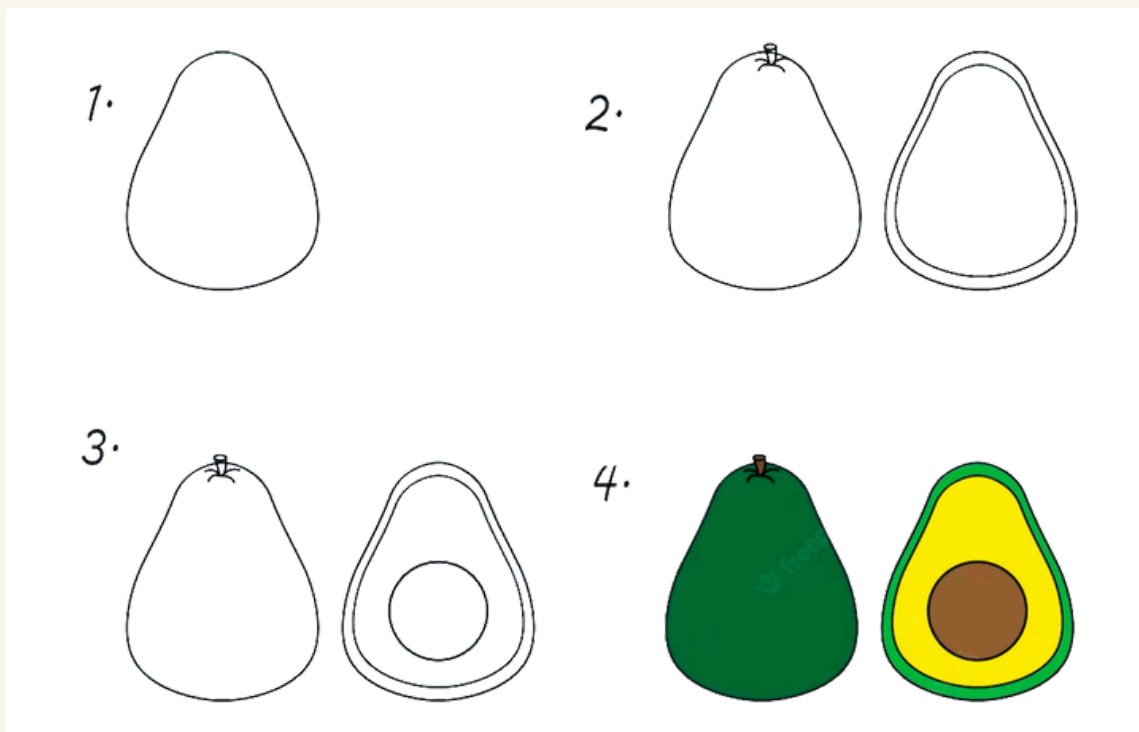
1. Heat the black beans on the stove top.
2. Spread the black beans over the whole wheat bread and top with the sharp cheddar.
3. Toast until the cheese is melted.
4. Top with the Avocados salsa and/or hot sauce and/or cilantro.

INGREDIENTS

- 1/4 cup refried black beans
- 1 slice whole wheat bread
- 2 slices sharp cheddar cheese
- 1/2 ripe fresh avocado, seeded, peeled, mashed and seasoned with a squeeze of lemon and salt
- 1 tbsp. salsa
- 1/4 tsp. Cilantro

[HTTPS://CALIFORNIAAVOCADO.COM/RECIPE/CALIFORNIA-AVOCADO-TOAST-1/](https://californiaavocado.com/recipe/california-avocado-toast-1/)

ACTIVITY: HOW TO DRAW AN AVOCADO



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RECIPE: DOUBLE BERRY AVOCADO SMOOTHIE

DIRECTIONS

1. Gather all the ingredients.
2. Place the berries, banana and avocado in a blender.
3. Puree until smooth, adding a 1/4 cup of ice water at a time as needed. To achieve desired consistency, sweeten to taste with honey or sugar.
4. Serve in large, wide-mouthed glasses.
5. Enjoy!

INGREDIENTS

- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1/2 ripe banana
- 1 ripe, Fresh Avocado, peeled and seeded
- Honey or sugar



[HTTPS://CALIFORNIAAVOCADO.COM/RECIPE/DOUBLE-BERRY-AND-CALIFORNIA-AVOCADO-SMOOTHIES/](https://californiaavocado.com/recipe/double-berry-and-california-avocado-smoothies/)



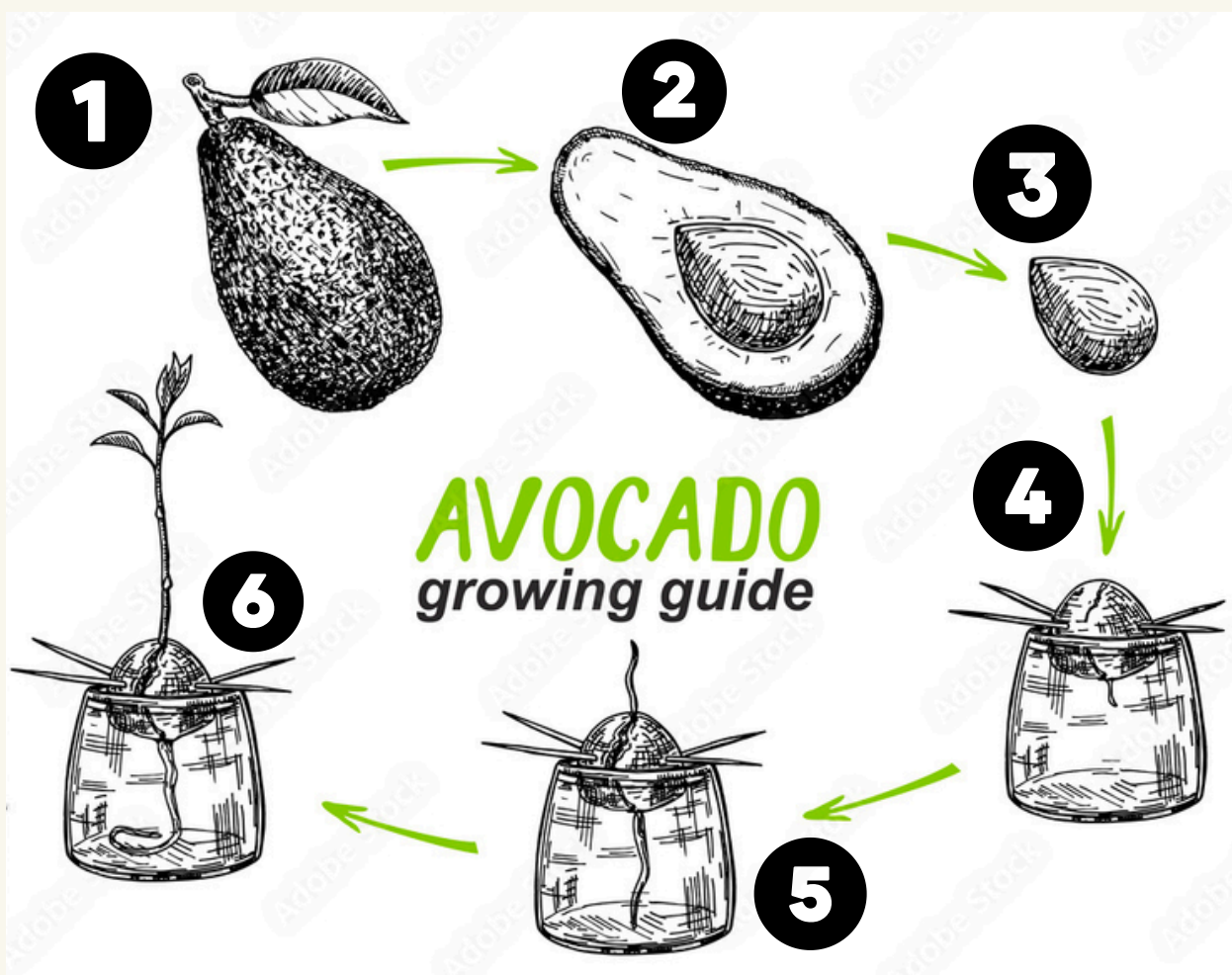
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ACTIVITY: GROW YOUR OWN AVOCADO TREE

DIRECTIONS

1. Select a very ripe avocado.
2. Open the avocado and remove the seed.
3. Peel the seed's outer brown shell.
4. Place seed in water with toothpicks pointing in towards the center.
5. Place by windowsill and watch sprout and root (2-4 weeks).
6. Once it grows big enough, place in a smaller flowering pot with soil and a drainage hole in the bottom of it.



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