

AVOCADO

Hawaiian Name: *Pea*

Common Names: Avocado, Alligator Pear, Butter Pear

Scientific Name: *Persea americana*

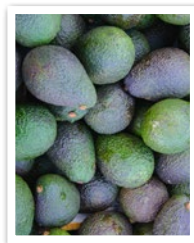
Origin: Central America

Plant Part Eaten: Fruit



Locally Grown...

- Avocado trees were brought to the Hawaiian islands in the early 1800's.
- There are now over 200 varieties of avocado grown in Hawai'i.
- In 2009, about one million pounds were harvested in Hawai'i.
- In 2008, over 400 acres and 250 farms grew avocado, over half of them being the Sharwill variety.
- Many backyards have a tree or two producing avocados for family and friends.
- Peak harvest time for avocado is December to June.
- Hawai'i Island hosts an Avocado Festival every year.
- Hawai'i imports 2.5 million pounds of avocados a year, which provides an excellent opportunity for growth of local production.



Where else it's grown in the world...

California, Florida, Chile, Peru and elsewhere in South America.

Nutrition Info...

- An excellent source of monounsaturated fat, which helps to lower blood cholesterol if used to replace saturated fats. Fats are also important for healthy brain function.
- Also a good source of potassium.
- A good source of folate, which promotes healthy cell and tissue development.



Meet a Farmer...

Farm: Waiāhole Farm (East Side)

Farmer: Harvey Ota

Location: Waiāhole, O'ahu

Harvey Ota has been farming for most of his life. In 1972, he started farming in Mānoa, then Salt Lake, and finally settled in Waiāhole in Windward O'ahu in 1979. He and farming partner Ricky Reppun grow several kinds of fruits including avocado, lychee, banana, starfruit, and papaya. Harvey grows 40 types of avocado and has developed 30 of his own varieties!



In the Garden...

- Wash the pit under cool water, removing green fruit, and dry.
- Push three toothpicks 1/2" deep into the thickest width of the pit.
- In a jar, suspend pit over water, with bottom half submerged, and top half open to air.
- In 2-6 weeks, when shoot is 5"-6," pinch off top leaves.
- When more roots form, it is time to plant in soil.
- Place half of pit under soil, and keep moist, but not muddy.
- Expect fruit in 3-4 years!



Let's Get Cooking... 'ĀINA In Schools "Brainy Guacamole"

Ingredients

- 2-3 avocados
- 1 locally grown lime
- 1 clove garlic, crushed
- 2 pinches Hawaiian sea salt



Directions

1. Cut ripe avocado in half and take out the seed.
2. Scoop the avocado flesh into a bowl.
3. Squeeze juice from lime into the bowl.
4. Add the garlic to the bowl.
5. Sprinkle a pinch of salt into the bowl.
6. Mash up all ingredients.
7. Serve with tortilla chips or sliced cucumber "chips."

Brainy Guacamole is featured in the 'ĀINA In Schools Nutrition lesson "Food For Thought," which is about the reasons for eating high quality fats that are good for our brains. Avocados are rich in monounsaturated fats, which is beneficial for many things, including helping us to think and learn. Download this and other 'ĀINA lessons at www.kokuahawaiifoundation.org/aina.



Reminder: Please compost your food waste.



Did you know?

1. California produces about 90% of the avocados grown in the USA, including many of the avocados consumed in Hawai'i.
2. Even though they are green, avocados are a fruit, not a vegetable.
3. Avocado was first introduced to the USA in 1833 by Judge Henry Perrine who sent trees from Mexico to Florida.
4. In Brazil, a popular dish is avocado with ice cream.
5. One avocado tree can produce between 150-500 avocados a year.
6. Mashed avocados make an excellent baby food.
7. Avocados are sometimes called alligator pears because of their pear-like shape and green skin.
8. The name avocado comes from the Spanish word *aguacate*, which in turn comes from the Aztec word *ahuacatl*.

What can you make with avocado?

Avocados can be used in both savory and sweet dishes. They are great sliced fresh on a salad, sandwich, or even spread on toast. Try pureed avocado as an alternative to mayonnaise in egg or tuna salad. Puree with cocoa and honey to make chocolate pudding, or mix it into a smoothie. You can also eat it plain, cut into slices or chunks.



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

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