

How to Buy Avocados



****A quick check for ripeness is to pop the stem off on the bottom of the avocado & check the color.***

Firm Not Ripe (stem is green)

DAYS TO RIPE: 4-5

If the avocado does not yield to gentle pressure it is considered still “firm” and will be ripe in a few days. Firm, unripe fresh avocados will have a bright green color. Firm avocados are perfect for purchasing a few days (approx. 4 to 5 days) before you plan on serving them to ensure that they will be perfectly ripe and ready to eat for your event. Store these avocados at room temperature (65-75 degrees F). Place in a brown paper bag with an apple or banana if you want to speed up the ripening process.



Breaking Almost Ripe (stem is light green to tan)

DAYS TO RIPE: 1-2

Fresh avocados that are referred to as “breaking” or almost ripe can vary in color, so it is best to go by feel as well as color. Breaking avocados will have a softer feel but will not quite yield to firm gentle pressure. If cut, the seed will often be difficult to remove, and the inside flesh will be firm and difficult to mash. Breaking avocados should take a day or two at room temperature (65-75 degrees F) to ripen.



Ripe Ready to Eat (stem is tan)

DAYS TO RIPE: 0

If the avocado yields to firm gentle pressure you know it’s ripe and ready-to-eat. Ripe, ready to eat avocados may have a darker color but color can vary so it is best to go by feel as well as color. It will feel lightly soft, but it will not feel “mushy” to the touch. Ripe fruit is perfect for that day. Store in the refrigerator if you plan to eat it in a day or two to prevent the fruit from becoming overripe or spoiled.



Overripe Past Ripe (stem is dark brown and past peak)

DAYS TO RIPE: Past Due

Overripe fruit will feel very mushy to the touch; it may have deep indentations and have darker yellow or brownish colored flesh throughout the inside of the fruit. Spoiled overripe fruit will have a rancid smell that some describe as smelling like “a pumpkin” or “squash-like”. For the best eating experience pass on the overripe fruit and enjoy ripe fresh avocados



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Tips: Keep them from browning after cutting with a coating of lemon juice. If you’ve got a ripe avocado you won’t be using right away, remove the meat, cut into chunks, and freeze. Defrost slightly, then toss into your blender for extra-creamy and brain-healthy smoothies, desserts, dressings, or soups.