

- FARM FRESH -

Avocados



AVOCADOS PROVIDE UNIQUE HEALTH BENEFITS. THEY ARE FULL OF ESSENTIAL VITAMINS & A NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

FOOD for FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING AVOCADOS IN YOUR DIET:

Healthy SKIN

The healthy fats found in avocados help keep skin hydrated, and the vitamin A in avocados helps keep your skin healthy.

Strong BRAIN

Avocados provide healthy fats and folate that support brain health, which can help you concentrate on difficult tasks.

Healthy HEART

Avocados support a healthy heart by providing good fats and potassium, which help maintain healthy blood pressure.



"Farming is challenging but exciting. You have to be an expert in everything from math and science to politics and economics."

– **Rachael Laenen**
Avocado Grower | Santa Paula, CA

A single mature California avocado tree can grow about 150 avocados, or around 60 pounds of fruit, during its season from April to August.

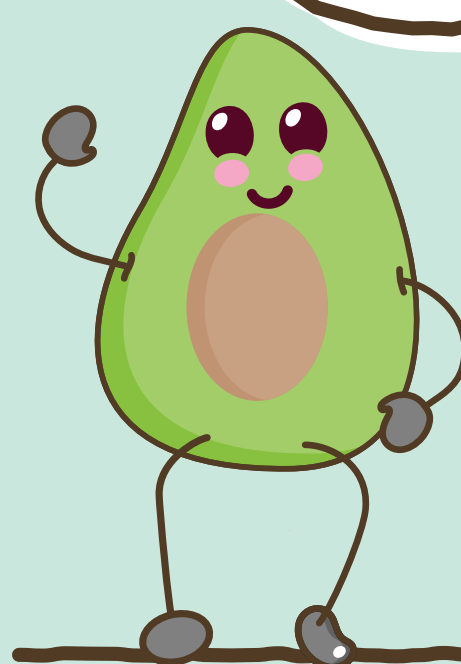
1 = 150
TREE AVOCADOS

Did you know?

In 2015, scientists sent avocado seeds to space to see how they grow without gravity. This helps astronauts learn how to grow food on long space trips!



Why don't avocados ever get into arguments?



They just guac away!

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Scan the code with your smartphone to find out more about avocados.

