

EDIBLE GARDEN



AVOCADO

Avocado (*Persea Americana*) is a flowering plant originating from South Central Mexico. The Hass avocado is the most widely cultivated variety, due to its quality and high yields. They are grown commercially in various parts of the world.

Avocados are mostly enjoyed raw as exposure to heat from cooking may result in a bitter flavor. They can be prepared in various methods and is popularly enjoyed as the key ingredient of guacamole. Avocados are highly nutritious, containing various vitamins, high amounts of dietary fibre and monosaturated fat.