

Avocado

Avocado has beneficial fats to build cell membranes, the covering of nerves, helps blood clotting and muscle movement. Aids in the health of the heart & eyes. Helps growth & development, blood pressure & weight loss. Seed has antibacterial and antifungal properties and has been used against diarrhea and dysentery.

Avocado, Oro Negro



Season: Nov - Jan Fruit Size: 16-32 oz

Type: B

Zone: 9-11, cold hardy Tree Size: 15-30' tall. can be kept dwarf

Description: shiny, black fruit "black gold" in Spanish Flavor: "Perfect" flesh texture and taste, which has been described as creamy, buttery and spreadable

full Avocado, sun Winter Mexican



Season: Dec - Jan

Fruit Size: 12-18 oz. medium size

Type: B **Zone:** 4-11

Tree Size: 30-50' tall

Description: hybrid of Mexican & Guatemalan varieties, adaptability to both cold and heat Flavor: sweet, nutty flavor, creamy texture, taste

similar to the Hass Avocado

Avocado. Doni



Season: May - Jun

Fruit Size: 16-28 oz, large fruit

Type: A **Zone:** 9-11

Tree Size: 30-40' tall, 20' wide **Description:** large quantity of flesh to seed material,

smooth green fruits

Flavor: very mild flavor, prized for dips & salads where fruit's creamy texture blends well with other

flavors

Avocado, Day



Season: May - Jul

Fruit Size: 8-16 oz, medium size

Type: A

Zone: 9-10, hardy to 30°

Tree Size: 3-6' tall, can fruit at 3' tall, perfect for container growing

Description: tapered-neck, easy to peel, skin is green

and dull

Flavor: excellent rich, nutty, buttery sweet taste

Avocado, **Brogdon**



Season: Jul - Sep Fruit Size: 14-24 oz

Type: B

Zone: 9-11, cold hardy

Tree Size: 15-30' tall, large canopy,

medium growth rate

Description: pear shaped, skin is thin, dark-purple color at maturity, often described as black, cold hardy Flavor: creamy, rich, nutty, smooth, buttery, slight

sweet flavor, melts in your mouth

Avocado, Simmonds



Season: Jul - Sep Fruit Size: 1-2.5 lbs

Type: A **Zone:** 9-11

Tree Size: 20+' tall, 10-15' wide

Description: pear shaped, large, light green fruit, leathery skin, pliable, non granular and easily peeled

from the flesh when ripe

Flavor: the flesh, despite its comparatively low oil

content, smooth and has a buttery, nutty



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full sun

Avocado, Super Hass aka Oh La La



Season: Sep - Nov **Fruit Size:** 1.5-2 lbs

Type: A **Zone:** 9-11

Tree Size: 15-25', fast growing **Description:** the fruit is smallish, oval shaped and turns

black as it nears maturity

Flavor: renowned for is rich, classic buttery, nutty

flavor and high oil content

full Avocado, sun Thomson Red



Season: Sep - Nov Fruit Size: 20-40 oz

Type: B **Zone:** 9-11

Tree Size: 30' tall, 15' wide

Description: Jamaican variety, a bright-red-coloured fruit when ripe, medium-sized fruit with a waxy and

glossy smooth surface

Flavor: smooth fruit with a creamy texture

full sun

Avocado, Marcus Pumpkin



Season: Oct - Nov

Fruit Size: 3 lbs, known for its

huge size **Type:** B **Zone:** 9-11

Tree Size: 30' tall, 30' wide

Description: pumpkin or cannonball shaped fruit,

the seed is almost as big as a Hass avocado

Flavor: creamy, subtly sweet with overall mild flavor

full sun

Avocado, Choquette



Season: Oct - Feb Fruit Size: 20-40 oz,

very large "Florida" avocado

Type: A **Zone:** 9-10

Tree Size: 30' tall, 'wide Description: very large, pear-shaped avocados Flavor: mild, rich, creamy, nutty flavor, silky flesh

full sun

Avocado, Lula



Season: Oct - Jan

Fruit Size: 8-18 oz, medium size

Type: A **Zone:** 8-11

Tree Size: 25-30' tall

Description: pear-shaped, glossy green skins, creamy

flesh

Flavor: very fine eating quality, nutty taste very similar to a Hass Avocado but even smoother