

5 STAGES OF RIPENESS

The first step to ensuring that avocados are served at their peak of freshness and flavor is understanding the stages of ripeness for Hass avocados. **Color is NOT always an indicator of ripeness.** The best way to judge ripeness is to feel for uniform softness.



STAGE 1

Hard

Fresh off the tree, the avocado is very hard with no give.

APPROXIMATELY

5+ DAYS

UNTIL RIPE
IF HELD
AT ROOM
TEMPERATURE



STAGE 2

Pre-Conditioned

Ripening has begun, but the avocado is still very firm.

APPROXIMATELY

4-5 DAYS

UNTIL RIPE
IF HELD
AT ROOM
TEMPERATURE



STAGE 3

Breaking

As it ripens, the avocado is firm but yields slightly to pressure.

APPROXIMATELY

2 DAYS

UNTIL RIPE
IF HELD
AT ROOM
TEMPERATURE



STAGE 4

Firm-Ripe

The avocado is ripe, and yields slightly to gentle pressure.

RIPE

BEST FOR
SLICES AND
CUBES



STAGE 5

Ripe

The avocado is ripe, and yields easily to gentle pressure.

RIPE

BEST FOR
MASHING AND
GUACAMOLE