

## 5 STAGES OF RIPENESS

The first step to serving avocados at their peak of freshness and flavor is to understand the stages of ripeness for Hass avocados.



### STAGE 1

Hard

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

APPROXIMATELY

**5+ DAYS**

**UNTIL RIPE  
IF STORED  
AT ROOM  
TEMPERATURE**



### STAGE 2

Pre-Conditioned

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

APPROXIMATELY

**4-5 DAYS**

**UNTIL RIPE  
IF STORED  
AT ROOM  
TEMPERATURE**



### STAGE 3

Breaking

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

APPROXIMATELY

**2 DAYS**

**UNTIL RIPE  
IF STORED  
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

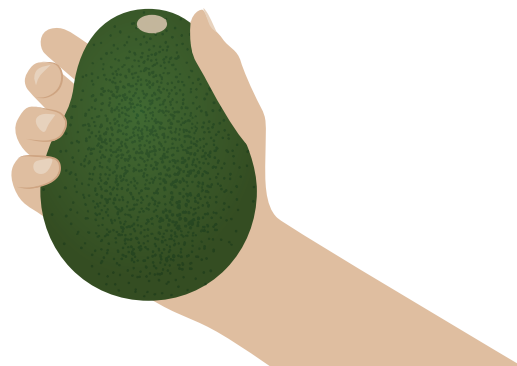
The avocado is ripe and yields easily to gentle pressure.

**RIPE**

**BEST FOR  
MASHING AND  
GUACAMOLE**

## JUDGING RIPENESS

Color is NOT always an indicator of ripeness. The best way to judge ripeness typically is to feel for uniform softness.



### DID YOU KNOW?

Mission Produce Avocados are ripened to customer specification using the Art of Ripening. We offer multi-stage fruit and deliveries 7 days a week, so our customers get their avocados the way they want them, when they want them.

- ✓ If the avocado yields to gentle pressure, it's ripe and ready to eat
- ✓ If the avocado does not yield to gentle pressure, it is considered “firm” and should be stored at room temperature to ripen
- ✓ If the avocado yields easily to gentle pressure, it is ripe or very ripe—a perfect candidate for guacamole or smoothies

Refrigerate avocados once they reach desired ripeness to keep them fresh and ready-to-serve for several days.

## THE RIGHT RIPE STAGE FOR THE RECIPE

Both stage 4 and 5 avocados are ripe and ready to eat; however, it's important to know which stage will work best for your recipe.

### 4 STAGE 4

Best for slicing and dicing



### 5 STAGE 5

Best for mashing and smashing



## DO

Feel an avocado with the palm of your hand to judge ripeness. If it yields easily to gentle pressure, it's fully ripe and ready to eat.

## DON'T

Don't rely on color to judge ripeness. Feeling the avocado for uniform softness is the best indicator.