

## THE BUTTON METHOD

Until you get the hang of judging an avocado's ripeness by how soft it feels, there's another trick for determining avocado ripeness. "The Button Method" will allow you to have more confidence in your assessment.

Here's how:



**1**

Press lightly near the neck of the avocado and feel for gentle yield.



**2**

If you're unsure it's ready to eat, 'pop the stem button.'



**3**

If the stem button is removed easily, your avocado is ready to eat. If not, the avocado needs a couple more days of ripening.



### DON'T OVERDO IT

Your shoppers prefer to have the button intact, so do not use this method to judge ripeness of all the avocados in a shipment. A relatively small sample size of 2-3 avocados in a shipment will tell you all you need to know.