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Avocados:

- Are a fruit - technically a berry
- Grow in pairs, cannot self pollinate, the tree makes male and female flowers
- Can stay on tree for 18 months and will not ripen until removed from the branch
- The tree can make up to 500 per year and can live 400 years
- Good source of Vitamins E, C, K, Omega 3 Fatty Acids and B-6
- Has highest fiber (4.6 grams) & highest protein of any fruit
- Good for eyes, digestion, skin, immune system and heart
- Have more potassium than bananas
- Are 73% water
- Guacamole will stay green if you put the pit in the bottom
- Avocado trees never go dormant

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