Seed to Table Cycle



Soil preparation



Plant seed



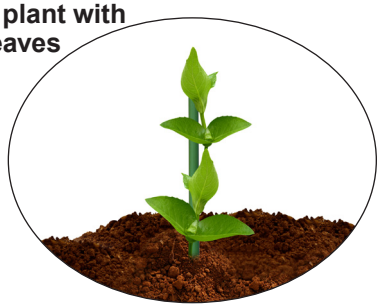
Cleaning and composting



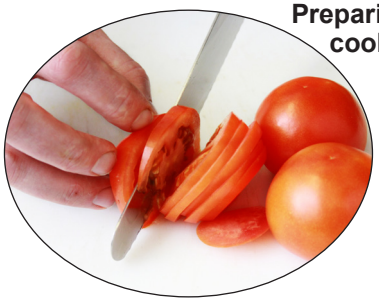
Seedling



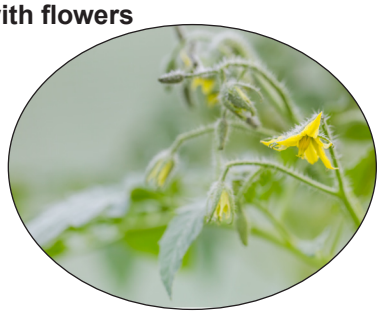
Eating at table



Young plant with leaves



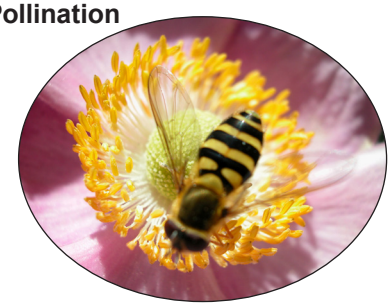
Preparing and cooking



Plant with flowers



Harvest



Pollination



Fruit

Adapted from theedibleschoolyard.org

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Preparing the soil



Young plant with leaves

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Planting seeds



Plants with flowers

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Seedlings

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Seed to Table Cycle

Soil preparation



Plant seed



Cleaning and composting



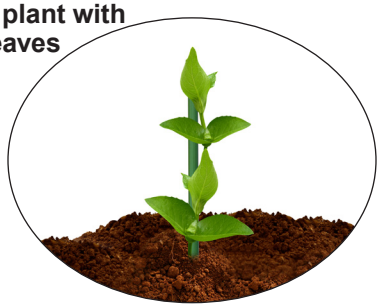
Seedling



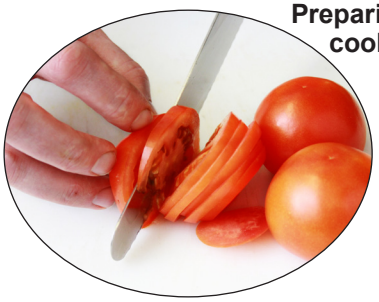
Eating at table



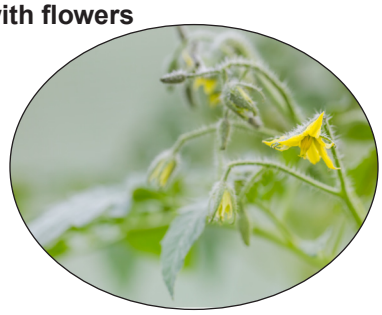
Young plant with leaves



Preparing and cooking



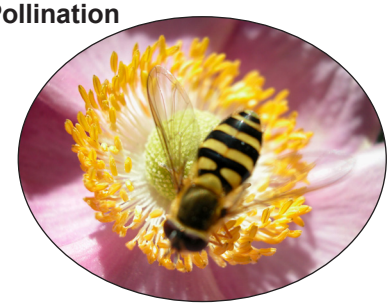
Plant with flowers



Harvest



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Pollination



Fruit

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Harvest



Preparing and Cooking

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Eating at the Table



Cleaning and Composting

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Avocado Health Facts: 5 Things You Didn't Know

The mighty powers of the avocado stretch farther than you probably realize.

1. An Avocado Is A Fruit, And More Specifically A Berry

You might be inclined to call it a vegetable, thanks to its green hue and savory taste, but the avocado is technically a fruit, and even more specifically, a single-seeded berry.

2. An Avocado Has More Potassium Than A Banana

A single avocado has 975 milligrams of potassium, while a banana, well-known for being loaded with potassium, delivers just half that, with 487 milligrams per large fruit.

3. They'll Ripen More Quickly With A Banana Or An Apple Around

If you store your unripe avocados in a brown bag with an apple or a banana, they will help those green guys ripen faster.

4. Avocados Are One Of A Few High-Protein Fruits

One avocado packs four grams of protein, among the highest amount coming from a fruit.

5. You Can Swap Them Into Baked Goods Recipes For Butter

The creamy texture and healthy fats make for a surprisingly-easy baking substitution. And no, you won't be making green muffins. In the right ratios, you can ditch some butter and replace with avocado for healthier chocolate chip cookies, banana bread and brownies.





http://www.huffingtonpost.com/2015/08/26/avocado-health-facts-didnt-dont-know_n_3786419.html

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Nutritional Breakdown of Avocados

Avocados are an excellent source of potassium (containing more per weight than bananas). In addition, avocados are rich in vitamin K, vitamin B, vitamin C, and vitamin E.

Healthy fats

Fats account for around three quarters of the calorie count of an avocado. Monounsaturated fat is considered to be a "good fat" which reduces levels of bad cholesterol in your blood and lowers your risk of stroke and heart disease.[12]

Protein

An average avocado contains around 4 grams of protein, which is much more than most other fruits.

Sugar

Avocado's sugar content is low compared to other fruits.

Vitamins and minerals

Avocados are an excellent source of potassium. In addition, avocados are rich in vitamin K, Vitamin B_9, vitamin B_6, vitamin B_5 vitamin C, and vitamin E.[2]

Dietary fiber

A medium avocado contains 11 grams of fiber, which is close to half of the daily recommended minimum intake.[3]

Health benefits of avocados

Apart from being an excellent source of fiber and vitamins, research suggests that there may be a number of other benefits associated with the fruit, including: lowering cholesterol levels, reducing the risk of diabetes, promoting lower body weight, and preventing cancer.

Avocados may help lower cholesterol

Research suggests that eating avocados could help lower levels of bad cholesterol. After a week of following the avocado enriched diet the patients experienced a 22% decrease in bad cholesterol and triglyceride levels and an 11% increase in good cholesterol.

Avocados may reduce the risk of diabetes, stroke, and coronary artery disease

Metabolic syndrome is name for a group of symptoms that increase the risk of diabetes, stroke, and coronary artery disease. One study, published in the *Nutrition Journal* assessed the link between avocado consumption and metabolic syndrome.[5]

Avocados may promote a healthy body weight and BMI

The same study (as the one referenced above), titled "Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults", also found that people who ate avocados were more likely to have a lower body weight, BMI (body mass index), and waist circumference.[5]

Avocados may help prevent cancer

Avocados are rich in phytochemicals, which have been reported to help prevent the development of certain cancers. A team of scientists who examined the the chemopreventive characteristics of avocados concluded that "individual and combinations of phytochemicals from the avocado fruit may offer an advantageous dietary strategy in cancer prevention."[6]

http://www.medicalnewstoday.com/articles/270406.php



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Fun Facts about Avocados



Avocado Spread

European sailors on their way to the New World used avocados in place of butter.

Avocado Varieties

There are more than 80 varieties of avocados. The most common is the year-round Hass avocado, whose original mother tree still stands in California.

Alligator Pear

The avocado is also known as an alligator pear, because of the shape, green skin, and rough texture of the Hass variety. (The Florida avocado has a shiny, smooth surface.)

Avocado Production

The two main U.S. producers of the fruit are California and Florida. The Golden State far outranks the Sunshine State, however, with more than 6,000 groves accounting for about 90% of avocado crops.

Avocado Nutrition

Avocados are a good source of fiber, potassium, and vitamins C, K, folate, and B6. Half an avocado has 160 calories, 15 grams of heart-healthy unsaturated fat, and only 2 grams saturated fat.

http://www.webmd.com/diet/features/8-healthy-facts-about-avocados

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