

# Avocados: An Origin Story



Either way you slice it, avocados are delicious, nutritious and have a place on your plate for breakfast, lunch AND dinner. Avocados - not just for toast.



Where in the world are **avocados** grown?



Dominican Republic



Mexico

Wherever **avocados** are grown, tools like pesticides are needed to fight disease, fungus and pests.



Avocado Scab



Avocado Thrip Damage



Bitter Rot

Regardless of where they're grown, **avocados** are delicious, nutritious and, dare we say, interesting!

Did you know...

- Conquistadors used avocados to produce ink. They discovered the seeds secreted a liquid that turns red after exposure to air.
- They were considered a symbol of love and fertility among the Aztecs, as avocado trees can't self-pollinate and need another to be nearby to grow.
- Avocados are mostly grown in Mexico; scientists have even uncovered evidence they were consumed as early as 10,000 B.C. in that country.

