





# AVOCADO

# 2024 / 2025



**PREMIUM  
AVOCADOS**

**SUPERIOR  
TASTE**

**RELIABLE  
QUALITY**



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At Royal Orchadia , we pride ourselves on delivering the highest quality avocados sourced from the best farms. Our avocados are grown using Mexican and Spanish clones grafted onto local roots in prime growing regions, ensuring the perfect blend of desired characteristics and local freshness. Experience superior quality, taste, texture, and appearance with our expertly grown and carefully handled avocados.

We understand the importance of freshness and shelf life. Our avocados are transported quickly by land, ensuring they reach you faster and stay fresher for longer. Throughout the journey, they are handled in refrigerated conditions to maintain their quality and extend their shelf life.

Each avocado is hand-picked at the peak of ripeness, then meticulously cleaned, sorted, and packaged to guarantee the highest standards of quality. Our commitment to superior taste, texture, and appearance ensures that you receive the best product every time.



By choosing Royal Orchadia, you're not just buying avocados; you're investing in a tradition of excellence and a dedication to quality that spans generations. Join us in bringing the finest avocados to your customers and taste the difference that passion and expertise make.



# Quality Features



## SPEEDY SHIPPING

We grow and ship from nearby meaning fast delivery which means fresher products quicker



## SUPERIOR QUALITY

Our avocados are of superior consistent quality, and have a creamy rich flavor



## RELIABLE REFRIDGERATION

We keep the avocados constantly cool to keep them as fresh as possible longer



## STRONG SUPPLY

We have a growing year on year supply of avocados that can be shipped for most of the year



## PROTECTIVE PACKAGING

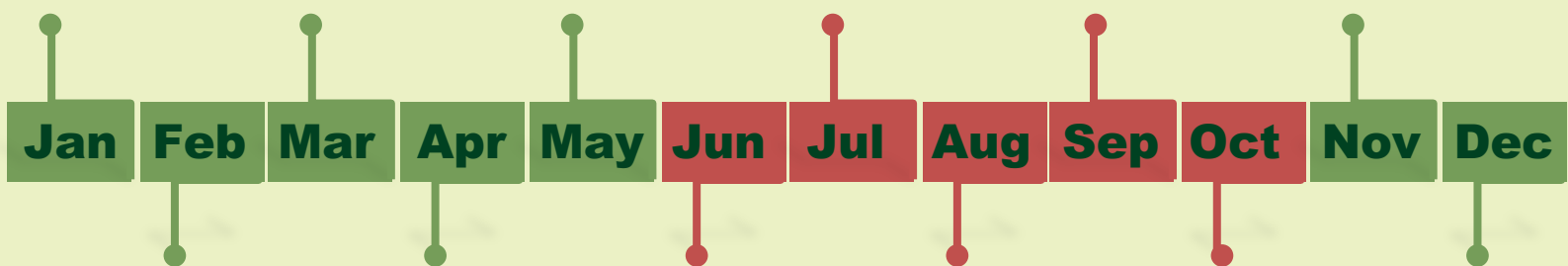
We package and ship the avocados in bulk protective packaging that ensures that they arrive in the best condition possible



## SUSTAINABLE PRACTICES

Sustainable production practices - such as soil management and smart irrigation practices

## Availability & Varieties



### Hass



**Size:** Medium to large

**Weight:** 200-300 grams

**Skin:** Dark green, bumpy

**Seed:** Medium-sized

**Flavor:** Rich, creamy, nutty

**Season:** Early winter to late spring (due to local climate)

**Uses:** Versatile; perfect for all dishes including guacamole, salads, sandwiches, and more

### Lamb Hass



**Size:** Large

**Weight:** 300-500 grams

**Skin:** Dark green, bumpy

**Seed:** Medium-sized

**Flavor:** Like Hass, slightly more robust

**Season:** Early winter to late spring (due to local climate)

**Uses:** Highly adaptable; suitable for any culinary creation, from spreads, salads etc.

### Pinkerton



**Size:** Large

**Weight:** 200-500 grams

**Skin:** Dark green, slightly bumpy

**Seed:** Small

**Flavor:** Rich, creamy

**Season:** Early winter to late spring (due to local climate)

**Uses:** Ideal for guacamole and smoothies

### Fuertes



**Size:** Medium to large

**Weight:** 200-400 grams

**Skin:** Smooth, thin, green

**Seed:** Medium to large

**Flavor:** Mild, creamy, buttery

**Season:** Early winter to late spring (due to local climate)

**Uses:** Best for slicing and salads

# COLOUR GUIDE FOR HASS VARIETY AVOCADOS

## RIPENESS CHART



HARD



PRE-CONDITIONED  
(RUBBERY)



BREAKING  
(SOFTENING)

Description	No give with strong thumb pressure.	Slight give with strong thumb pressure.	Deforms 2–3mm with moderate thumb pressure.
Use	<b>Just Picked</b> Can be cold stored, easy to transport.	<b>Ripening</b> Ready to eat in about three days when held at room temp.	<b>Good for Retail</b> Ready to eat in two days or less when held at room temp
Handling	Susceptible to skin damage when dropped	Susceptible to bruising	Susceptible to bruising
Firmness	<b>&gt;10</b>	<b>2.2-10</b>	<b>11-2.1</b>
Penetrometer <sup>1</sup>	<b>&gt;81</b>	<b>74-81</b>	<b>59-73</b>
Hass and Durometer <sup>2</sup>	<b>&gt;80</b>	<b>70-80</b>	<b>54-69</b>
Durometer <sup>2</sup>			

### STORAGE TEMPERATURE

**At Distribution Centre**

**Hass:** 5°C

**When ripening**

**Hass:** 16-20°C

**Once ripe**

**Hass:** 5°C :



FIRM RIPE



RIPE

Deforms 2–3mm with slight thumb pressure

**Slicing Ready**  
Good for slicing

Highly susceptible to bruising from squeezing or dropping

0.7-1.0

44-58

41-53

Deforms easily with gentle hand pressure.

**Smashing ready**  
Good for slicing, smashing, spreading

Highly susceptible to bruising by squeezing or dropping

0.4-0.6

33-43

32-40

## SELECTING TIPS FOR A PERFECT AVOCADO

Bright green skin, even when ripe!

Firm and bright green - ready in 1-2 days. Hard

and bright green - ready in 2-3 days.

Gently press the neck of the avocado. If it gives a little, it is ready to eat now.

## Gently Press Here



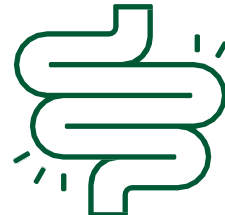


# AVOCADO NUTRITION INFORMATION

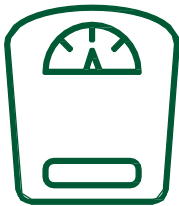
Research shows that avocados, as part of a healthy diet, may:



Improve lipid profiles and contribute  
to cardiovascular health



Increase the diversity and  
abundance of gut microbiota



Assist in weight  
management



Maintain cognitive  
function in aging



Improve skin  
appearance

Avocados are also



Rich in folate, which is needed during  
pregnancy for tissue development



Nutrient dense with a soft texture  
making them a perfect first food  
for babies and the frail elderly



A useful source of monounsaturated fats  
in lower carb, higher fat, low-GI diets to  
help with glycemic management



## Usage



### Food & Beverages

- Flesh of the Fruit
- Puree
- Cooking Oil



### Cosmetics & Pharma

- Seed Oil
- Seed Exfoliant
- Fruit Butter

#### Some Benefits

Reduces Blood Pressure

Improves Cardiac Health

Provides Healthy Fat

Increases Appetite

#### Some Benefits

Promotes Hair Growth

Treats Acne

Provides Glowing Skin

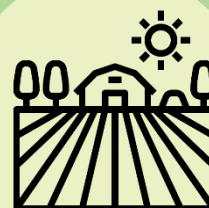
Moisturizes Skin



# SUPPLY CHAIN

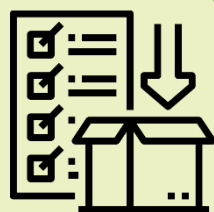
**Picking**

**Farm**



**Processing**

**Packaging & Storing**



**Shipping**



**Retail**





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