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.