

Avocado



Avocados are very high in omega 3 fatty acids which is a good kind of fat. It also has 20 essential nutrients including fiber, potassium, folic acid and Vitamins E and B.



Unlike many other fruits, avocados only contain one seed.



Avocados are locally grown in Hawaii. Many local residents grow avocados trees in their yards.

The avocado trees can grow to a height of 40-80 feet, and are fairly easy to grow. They are easily found locally throughout Hawaii.

