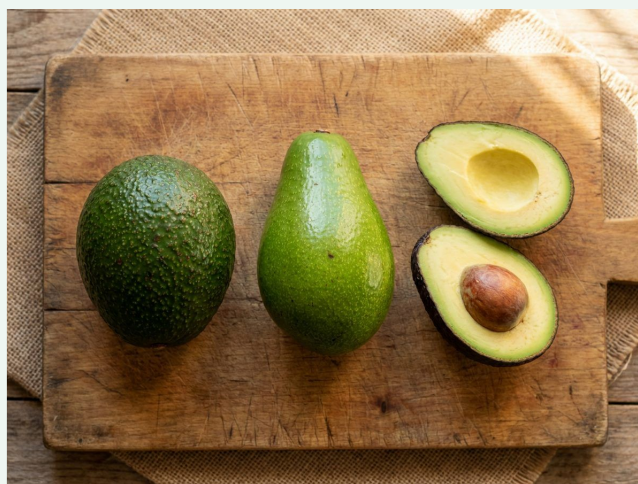




The NePa Avocado Guide

Everything we know about picking, ripening, storing and growing good avocados, from our farm to yours.



"Grown with love"

by Neil & Patcha

Pak Chong, Nakhon Ratchasima, Thailand

Why avocados

Avocados are one of the few fruits that are genuinely good for you in almost every direction: good fats, fibre, and a wide spread of vitamins and minerals. Here's what's actually in one, per 100g of fruit:

~160

calories

6.7g

fibre, about 18% of a day's worth

485mg

potassium

81mcg

folate, 20% of daily value

21mcg

vitamin K

2.07mg

vitamin E

Also rich in copper, iron, magnesium, manganese and vitamin B6, plus antioxidant carotenes in that vivid green flesh.

What the research says

We're not going to oversell this, avocados aren't a miracle food. But there is real, recent clinical research behind the health claims, here's some of it.

Heart health

A large U.S. cohort study of over 110,000 adults, followed for up to 30 years, found regular avocado eaters had a meaningfully lower risk of cardiovascular disease. A 2025 meta-analysis of 10 clinical trials confirmed avocados measurably lower LDL ("bad") and total cholesterol.

Journal of the American Heart Association, 2022; Food Science & Nutrition, 2025

Gut health

A 6-month randomized controlled trial in over 1,000 adults found that eating one avocado a day improved gut microbiome diversity, favouring the kind of bacteria linked to better metabolic health.

Food & Function, 2024 (HAT trial, UCLA site)

Nutrient absorption

Avocado's fat helps your body absorb more of the good stuff from the vegetables next to it. A landmark trial found adding avocado to a salad or salsa significantly boosted absorption of carotenoid antioxidants, like lutein and beta-carotene, from the other ingredients.

Journal of Nutrition, Ohio State University

Diet quality

A 2024 randomized trial found that people who added one avocado a day to their usual diet, without otherwise changing what they ate, ended up with measurably better overall diet quality scores.

Current Developments in Nutrition, 2024

This is general information, not medical advice. Talk to a doctor before making major changes to your diet.



Picking and ripening

An avocado does almost all of its ripening after it's picked, so the one in the shop is rarely ready to eat straight away. Here's how to get it right.

How to tell it's ready

- Gentle squeeze in your palm, not your fingertips, it should give slightly, not feel mushy.
- Flick off the small stem cap: green underneath means ready, brown means overripe.
- Darker, slightly softer skin generally means further along, this varies by variety.

How to ripen it faster

- Avocados ripen with ethylene gas, which they produce themselves. Trap that gas and they ripen faster.
- Put the avocado in a paper bag with a banana or apple, both release extra ethylene.
- Fold the bag shut and leave it somewhere warm for 1 to 3 days, checking daily.
- This can cut ripening time by around a day and a half compared to leaving it on the counter.
- Skip the myths: flour, rice, and the microwave don't actually work.



Storing avocados

- Unripe: leave on the counter, out of direct sun, until it gives to gentle pressure.
- Ripe but not eating yet: move it to the fridge, it'll hold for 2 to 3 days and ripening slows right down.
- Cut and half left over: squeeze lime or lemon juice over the flesh, press cling film directly onto the surface with no air gap, and refrigerate, good for up to 3 days.
- Guacamole: press a thin layer of water or extra lime juice over the top before sealing, it blocks the air that turns it brown.

The brown you sometimes see under the skin isn't spoilage, it's just oxidation. A little is fine, if the flesh underneath smells off or feels slimy, that's your sign to skip it.



What we grow at NePa

Three varieties, three different personalities. We grow all of them across our 10 rai in Pak Chong.

Booth 7

Round, small to medium, thick creamy flesh with a sweet, mild flavour. Lower in oil than a Hass, which makes it lighter to eat. Reliable and well suited to our climate.

Petersen

Smooth, light green skin, small to medium fruit. Originally brought to Thailand in the 1970s for exactly this kind of growing region. Gentle, easy going flavour.

Bruni

Our boutique variety: rich, creamy, and grown in smaller numbers. The one we reach for first when we want to show someone what a really good avocado tastes like.

NePa

That's the short version. We're growing this on a real farm in Pak Chong, follow along for the rest of it, harvest by harvest.

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