

**THE FINEST DEGREE IN
REEFER EXPERTISE
AVOCADO**



RECOMMENDED REEFER TRANSPORT PARAMETERS AVOCADO

DID YOU KNOW?

Oil extracted from Avocado is a healthy fat which may help support heart health and improve your intake of vitamin E and health-promoting fatty acids. Avocado oil has a high smoke point and makes an excellent choice for frying and baking.

Avocado (Avocat, Fr, Aguacate, Sp., Palta, Peru/Chile) is known as a superfood, containing healthy fats, anti-aging, disease-fighting antioxidants, nearly 20 vitamins and minerals.

There are many cultivars, the most known being Hass Avocado, accounting for more than 80% of worldwide exported avocado. Other well-known cultivars are Fuerte, Pinkerton, Reed, Bacon.

Avocado can be oval (egg-shaped), pear-shaped or spherical, with rugged or flat skin.

MATURITY INDICES

Avocado is harvested based on Dry Matter, highly correlated with oil content. Dry Matter (materia seca in Spanish) is given in % and indicates the maturity of the avocado.

Most of the countries are setting Dry Matter ratio as maturity index, with different cultivars having different ratio. Hass, the most exported cultivar, is acceptable to be harvested when minimum Dry Matter is around 22%.

QUALITY INDICES

Avocados mature in the tree, but ripen after the harvest. Ripening needs to be done close to consumption date; ripening is done in room temperature, under the presence of ethylene.

Keeping the fruit (yes, avocado is a fruit) on the tree after achieving maturity much longer than required may result in off-flavor or rancidity.

- Size (range of consumer preference);
- Shape (cultivar-dependent);
- Skin color;
- Absence of defects such as sunburn, wounds and skin blemishes (rubs, insect damage, hail, and wind scars), rancidity and flesh browning;
- No diseases, such as anthracnose and stem-end rot.

OPTIMUM TRANSPORT PARAMETERS

Most avocado travels overseas under Controlled Atmosphere, which, next to temperature control, optimizes the potential shelf Life.

Primary requirement to optimize long conservation is fast pre-cooling to a temperature of 5-7°C; an avocado with a higher maturity index is likely to resist to a lower temperature exposure.

In general, the temperature within the Refrigerated Container should be between 4°C and 7°C.

The avocado from the same orchard may need to be transported at 7°C in the beginning of the season and 4°C towards the end of the season.

SUGGESTED PARAMETERS TO BE SET ON REEFER

- Temperature: 3.5-6°C
- Controlled Atmosphere (CA): O₂ in the range of 3-6% and CO₂ in the range of 4-8%.
- Dehumidification: No. If avocado has been harvested in particularly humid period, dehumidification at 85% RH may be set for the first 48 hours. Failing to switch it off afterwards may result in dehydration.

NOTE: Above general recommendations are provided only for the sake of assisting our customers. They are non-binding as the parameters may vary depending on the cargo variety and its maturity. CMA CGM cannot be held accountable for the information and contents provided herein.

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