

Lowveld Avo & Mango



Mbombela

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AVOCADOS BY LOWVELD AVO'S The avocados are nurtured by farmers across Mbombela in the beautiful Lowveld, backed by the premium quality and farming pride that is synonymous with our producers. Lowveld Avo's is registered as a supplier at various prestigious avocado estates since 2014. We offer a free delivery service to our clientele - from the farm to the doorstep! The avocado is one of nature's more versatile and nutritious fruits which can be used in various easy and delicious ways! Avocados are not only for toast! You can bake avocado bread, avocado muffins, avocado chocolate brownies, avocado choc chip cookies, avocado chocolate ice-cream, the list is endless! All these recipes have been tested in the Lowveld Avo kitchen! Made on request only. Each variety avocado ripens in a different way! The secret is to watch your avocados on a daily basis until they are soft and yield slightly to your touch. We supply our beautiful avocados as from mid-February when the moist consistency has been tested and they are ready for distribution to our clients! Our avocados are supplied until end of November. We take pride in knowing that our avocados are the best, which means all you have to do is sit back and Enjoy them! We supply the following variety avocados: Fuerte (smooth green skin, ripens fairly quickly with a delicious, creamy flesh) Pinkerton (A rougher pebbled skin which takes a little while longer to ripen but also a creamy,

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smooth flesh)Edranol (Also has the the type B flower as the Fuerte and a green skin.)Lamb Hass (We call these avocados the chameleons!) They ripen through their skin, from a dark green colour to a dark purple colour. When they yield to your touch, they are ready to cut! Most people leave them to get more darker, but that is when they go bad. They are to be watched closely.Gwen and Reed : (Beautiful avocados with skin that remains green when ripe.They are huge!They ripen fairly quick as well - They are still very firm but when they feel slightly soft to your touch, they are ready to cut!)The benefits of avocados speak for themselves, they are good for the heart, provide a good level of dietary fibre and are a good source of Vitamin C. FIBRELESS MANGOES:Worldwide there are several hundreds of cultivars mango. Depending on the cultivar, mango fruit varies in size, sweetness, skin colour and flesh colour, which may be pale yellow, gold, green or orange.Our fibreless mangoes are distributed as from mid-December to mid February each year.The following cultivars are mostly supplied by Lowveld Avo's :Tommy AtkinsJoaHeidi (Statistically, the most popular mango because of its sweetness!)KeittMangoes are such a versatile fruit! Did you know that you can make the following?Mango Ice-creamMango fridge tartMango & Feta salad with fresh corianderMango chutneyLayers of muesli, yogurt and mango makes an excellent starter for breakfast!Cut them in chunks and freeze them in Ziplock bags for all year delicious smoothies!

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