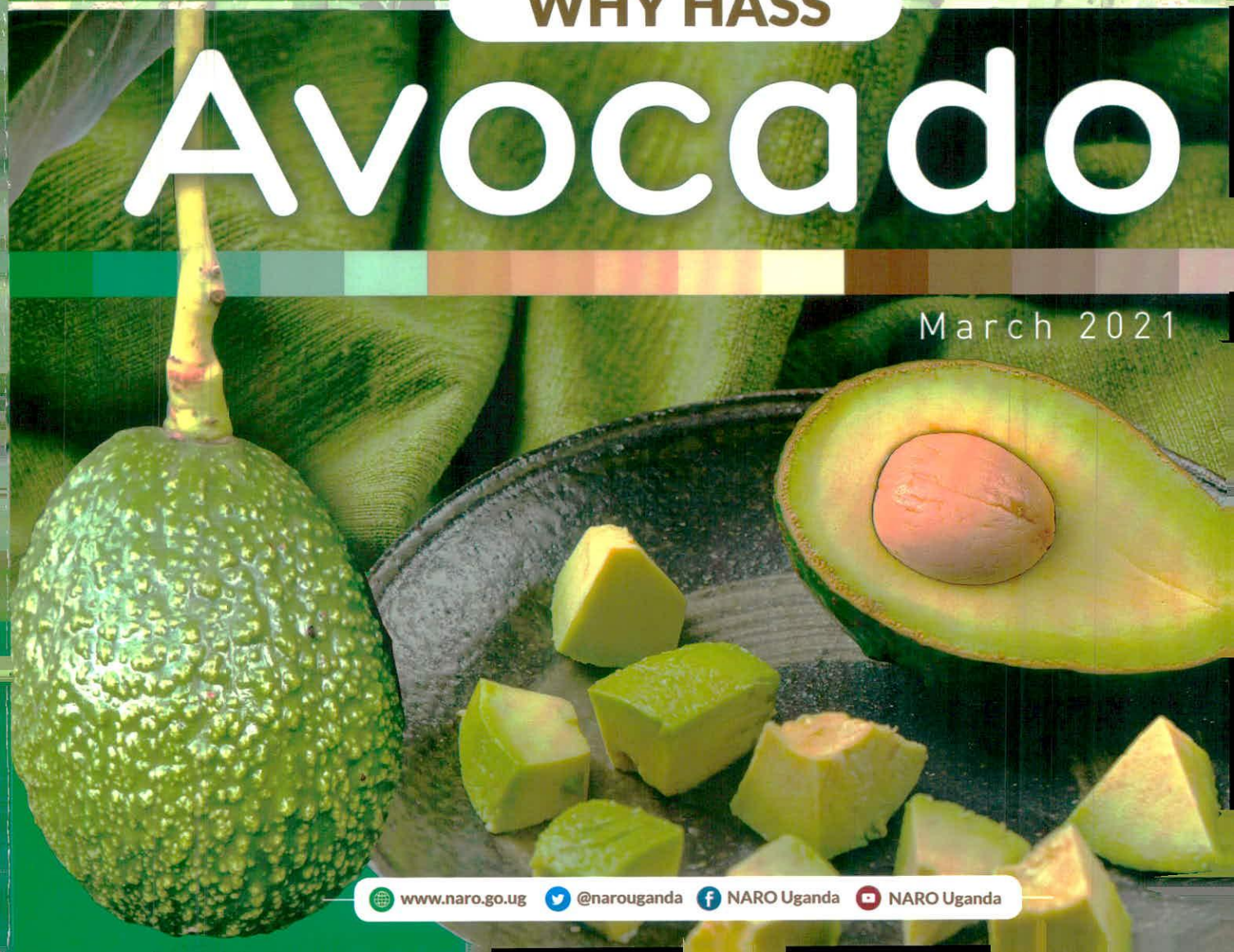
NATIONAL AGRICULTURAL RESEARCH ORGANISATION

WHY HASS

Avocado

March 2021



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WHY HASS

Avocado



1. The Hass trees are quick maturing (2-3 years) and high yielding
2. Hass avocado have a small seed and big flesh with high oil content
3. It has a thick skin which makes it easy for packaging and shipping
4. Long shelf life, shape and size makes Hass fruits ideal for export
5. There is a high and growing global market demand for avocado oil

Production and yield

Yield from 3 to 7 years after transplanting

Year	Fruits per tree
3	100
4	200
5	400
6	800
7	1000



Note: The estimated cost of production for establishing 1 acre of avocado orchard is 2 milion. The profits shall depend on maintenance costs and prevailing market price

Health and Nutritional Benefits of Avocado

1. **Avocados are rich in Heart-Healthy oil** which can lower cholesterol levels and reduce the risk of heart diseases

2. **Avocados are rich in Potassium** which is essential for muscle activity regulation

3. **Avocados are rich in dietary fibres** which lower the risk of developing stroke, hypertension, diabetes and obesity

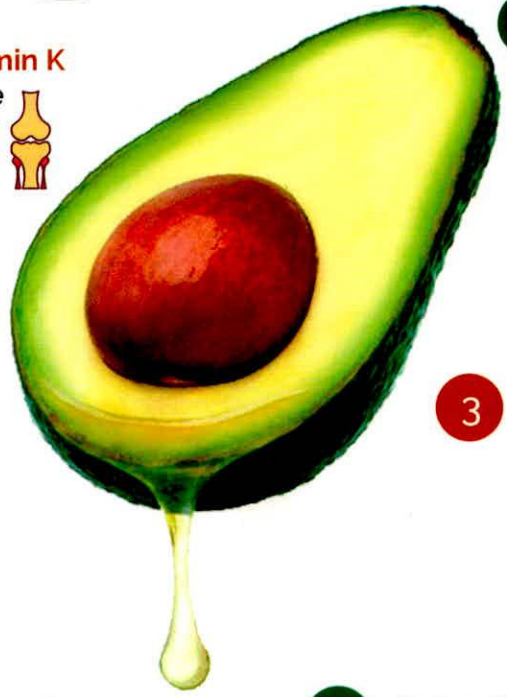
4. **A vocados are important for pregnant women.** They contain folic acid, which is essential in developing the red blood cells and preventing birth defects

5. **Avocados are rich with Antioxidants** that improves eye health and has anti-ageing properties

6. **Avocado contains Vitamin E** which is an antioxidant essential for maintaining healthy hair and skin

7. **Avocados are rich in Vitamin K** which is essential for bone health and blood clotting

8. **Avocados are very nutritious** with four times more nutritional value than any other fruit except banana. They are rich in vitamins, proteins and minerals





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QUALITY HASS AVOCADO SEEDLINGS ARE AVAILABLE AT SUBSIDISED PRICES AT:

NATIONAL FORESTRY RESOURCES RESEARCH INSTITUTE (NaFORRI)
12 km along Mukono – Kayunga Road
☎ +256 414383028 | 0712 161161 | 0752568822
naforridir@infocom.co.ug

MUKONO ZONAL AGRICULTURAL RESEARCH AND DEVELOPMENT INSTITUTE (MUZARDI)
Ntawo, Mukono
☎ +256 414290232 | 0780469650 | 0704 393010
director.muzardi@naro.go.ug

www.naro.go.ug @narouganda NARO Uganda NARO Uganda