



**Source:** [Avocado](#) | Infonet Biovision

**Watch out for:**

- More avocados, less water – avocado production is highly – water intensive using an average of 70 liters of water per avocado, which is more than three times the amount of water needed to grow one orange and 14 times the amount of water needed to grow one tomato.

Avocado (*Persea americana*) is a native of tropical America. It originated in Mexico and Central America, possibly from more than one wild species. Avocado is the most nutritive among fruits and is regarded as the most important contribution of the New World to the human diet. The fruit is relished by some people, but not by others. The pulp is rich in proteins (up to 4%) and fat (up to 30%), but low in carbohydrates. In 2021, global avocado production amounted to about 8.69 million metric tons, an increase from the previous year's production volume of 8.1 million metric tons.

Depending on the variety, avocado grows well from 0-2100 m above sea level (asl). The varieties 'Tonnage', 'Simmonds', and 'Booth 7&8' are suited to lowland areas between 90 and 800 m asl. 'Hass' and 'Nabal' are suited to altitudes 800-2100 m asl. 'Fuerte' and 'Puebla' are suited to altitudes 1500-2100 m asl. Avocado grows successfully on many types of soil provided they are deep, with good water holding capacity and free draining. Water-logged or saline soils are unsuitable because avocado plants are sensitive to excessive soil moisture and high salinity. The optimum pH is 5.5-6.5. Temperatures between 16 and 24°C are good for growing avocados. The maximum temperature for avocados is 33°C. Above this temperature, avocado fruits and trees can be damaged. High temperatures and direct sunshine can cause sunburn damage to exposed fruit. Avocados will not grow where frost can occur. Annual rainfall of 1200 mm is optimal for good production. Water requirements are not less than 1000 mm/year. If supplementary water is required not more than 50 mm at a time may be applied. Climatic conditions with alternating dry and rainy seasons are best for avocados.