



THE  
**VERDA**  
PROJECT

# AVOCADO

## Care & Maintenance Handbook

Avocados are highly nutritious fruits valued for their healthy fats and versatility. Avocado trees grow well in warm, subtropical to tropical climates with moderate rainfall and adequate drainage. They are rich in healthy monounsaturated fats, potassium, vitamin E, vitamin B6, folate, and dietary fiber. These nutrients help support overall health, brain function, digestion, and sustain energy, making avocados an important addition to balanced diets.

### **Fruiting Season-**

Most varieties in Southern Africa mature between March and September, and fruits can be ready to be picked when the skin starts to turn dull.

### **Sunlight Requirements-**

Avocados require full sun, ideally 6-8 hours of direct sunlight each day.

### **Watering Frequency-**

Young avocado trees need regular watering to establish roots. Mature trees are moderately drought-resistant and should be watered deeply but less frequently.

### **Planting Advice-**

Avocado trees should be planted about 7-10 meters apart, depending on the variety. Adequate spacing airflow reduces disease risk and allows for full canopy development.



7-10m



## **Fertilizing Advice-**

Avocados benefit from light but regular fertilization. Balanced fertilizers with nitrogen, phosphorus, and potassium are suitable, along with compost and manure. However, over-fertilizing should be avoided.

## **Pesticide Advice-**

Avocado trees may be affected by fruit flies, aphids, or fungal diseases. If pests appear, use a general, locally approved pesticide carefully. Also, ensuring good drainage can help prevent disease.

## **Pruning Basics-**

Light pruning helps maintain tree shape and encourages growth. Remove dead, damaged, or overcrowded branches, preferably after harvest. Avoid excessive pruning.

## **Uses/Tips-**

Mulching is recommended to retain moisture and protect shallow roots. Avocados can be eaten fresh, spread, cooked, or used in salads and sauces, making them extremely versatile.

