

(१) एभोकाडो खेती गर्ने तरिका

एभोकाडो खेती गर्न सर्वप्रथम बिउ र बिस्वा आवश्यक हुन्छ । बिस्वा तयार गर्ने तीन तरिका छन् ।

क) एभोकाडोका बिस्वा निर्माण

१) बिउबाट बिस्वा उमार्ने तरिका

एकदमै परिपक्व दाना पकाइसकेपछि त्यसबाट निस्कने बिउ सिधै फिल्डमा रोपेर वा प्लास्टिक थैलामा उमारेर बिस्वा तयार गर्न सकिन्छ । यसरी बिस्वा तयार गर्न निम्न प्रक्रिया अपनाउनु राम्रो हुन्छ ।

- जङ्गलका पातपतिंगर कुहिएर बनेको कान्छी माटो ।
- पाकेको कम्पोस्ट मल ।
- ४ इन्च गोलाइ र ६ इन्च लम्बाइ भएको प्लाष्टिक थैला ।
- राम्ररी चालेको बालुवा ।

थैला भर्ने तथा बिउ राख्ने तरिका

- परिपक्व एभोकाडोबाट निकालिएको बिउ सकेसम्म निकाल्नेबित्तिकै थैलामा राख्ने ।
- यदि केही समयपछि मात्रै राख्ने हो भने सुक्खा बालुवा वा माटोमा सुरक्षित गरी राख्नुपर्छ । यसरी भण्डार गरिएका दाना तीन महिनापछिसम्म पनि उमार्न सकिन्छ ।
- जङ्गलको माटो एक भाग, बालुवा एक भाग र पाकेको कम्पोस्ट मल एक भाग मिलाई जालीमा चालेर राम्ररी मिसाउने ।
- ४ इन्च गोलाइ र ६ इन्च लम्बाइ भएको प्लास्टिकको थैलामा ५ इन्च जति माटो भर्ने र दाना बिउलाई टुप्पो माथितिर फर्काएर थैलामा राखी माटोले छोपिदिने ।



- यसरी बिउ राखी भरिएको थैलालाई एक मिटर लम्बाइ र चौडाइ वा आवश्यकता अनुसार लाइन मिलाएर राख्ने । थैलाहरू यसरी लाइन मिलाएर राखिएमा गन्न पनि सजिलो हुन्छ ।
- हजारिको सहयताले सिँचाइ गर्ने । थैलाहरू पूरै भिजे गरी पानी दिई पराल वा जुटको बोराले छोपिदिनुपर्छ ।
- हिउँदको समय भए प्लास्टिकले छोपेर कृत्रिम तापक्रम विकास गरी बिस्वा उमार्न सकिन्छ । गर्मी समयमा प्लास्टिक राख्नु आवश्यक हुँदैन ।
- यसरी उमारिएको बिस्वा ६ महिनामै रोपन उपयुक्त हुन्छ । यस्ता बिस्वा व्यावसायिक रूपमा बेच्न पनि सकिन्छ ।

२) ग्राफिटडबाट बिस्वा निर्माण गर्ने तरिका

ग्राफिटड भनेको बिस्वा उमार्नेभन्दा पनि विस्तार गर्ने पद्धति हो । यसमा बिस्वाको रूटमा साइन जोड्ने गरिन्छ । ग्राफिटड पद्धतिमा रूट (फेद प्रयोग हुने बिस्वा) र साइन (काण्डमा जोडिने बिस्वा) को विशेष भूमिका हुन्छ ।

- बिउबाट उमारिएको एक वर्षपछि मात्र कुनै पनि बिस्वा रूटका लागि तयार हुन्छ । रूट बिस्वा निर्माणका लागि गुयेन जातको एभोकाडो राम्रो मानिन्छ । यस जातको एभोकाडोमा एकै बोटमा धेरै दाना लाग्ने हुनाले रूटको रूपमा प्रयोग गर्नु उपयुक्त मानिएको हो ।
- यस पद्धतिमा जति रूट तयार गर्ने हो, साइन पनि त्यति नै चाहिन्छ । कस्तो खालको वा कुन जात एभोकाडो फलाउने भन्ने कुरा पनि साइनमै निर्भर हुन्छ । त्यसैले यस पद्धतिमा रूट र साइनको भूमिका फरक भए पनि बराबर मानिन्छ ।

- रूट बिरूवालाई सिकेचरको माध्यमले आधा फिटजति फेद राखेर काण्ड काटिदिने र काटेको ठाउँ बीच भागमा चिर्ने । ठीक त्यही साइजको गोलाइ भएको साइजको काण्डको एक इन्च लामो टुक्रालाई दुवैतिरबाट ताछी चिरेर राखिएको रूट बिरूवाको बीचमा राखिदिने र ग्राफिटड प्लास्टिकले राम्ररी बाँधी त्यसमाथि प्लास्टिक क्याप लगाइदिने ।
- रूटमा जोडिएको साइजमा पालुवा पलाएपछि प्लास्टिक क्याप भिकी रूटमा पलाएका पालुवा वा मुनाहरू हटाइदिनुपर्छ । किनभने ग्राफिटडमा साइजबाट पलाउने मुनालाई मात्रै प्राथमिकता दिइन्छ ।
- हुन त एभोकाडो ग्राफिटड पद्धतिबाट तयार गरिने बिरूवाको सफलता प्रतिशत ज्यादै कम छ । किनभने यसको काण्ड अलि खोक्रो हुने भएकाले थोरै बिरूवा तयार गर्न पनि धेरै रूटमा साइज जोड्नु आवश्यक हुन्छ ।
- ग्राफिटड बिरूवाका फाइदा धेरै छन् । यसको पहिलो फाइदा हो जस्तो एभोकाडो फलाउन चाह्यो, त्यस्तै फलाउन सकिने । दोस्रो, यस्तो बिरूवालाई तीन वर्षमै व्यावसायिक रूपमा फल्ने बनाउन सकिन्छ र तेस्रो, यसबाट गुणस्तरीय बिरूवा उत्पादन गर्न सहज हुन्छ ।
- ग्राफिटड बिरूवा निकाल्ने एकदमै राम्रो समय हो मङ्सिर र पुस महिना तर यदाकदा कात्तिक र माघतिर पनि बिरूवा विकास गरेको पाइएको छ ।

३) बिरूवा तयारी गर्ने तन्तु प्रसारण प्रविधि

बिरूवा तयारीमा सबैभन्दा महँगो तरिका हो तन्तु प्रसारण प्रविधि । यसमा सुरूको लगानी निकै महँगो हुन्छ तर यस प्रविधिबाट उत्पादित बिरूवा भने निकै सस्तो पर्न जान्छ । यसो हुनाको मुख्य कारण हो— एकै पटकमा धेरै बिरूवा तयार हुनु ।

- यो प्रविधिमा स्वस्थ बिरूवाबाट पालुवा पलाएको बेला साइज निकालेर नयाँ बिरूवा तयार गरिन्छ ।
- यसका लागि अत्याधुनिक ल्याब व्यवस्थापन गर्नुपर्छ । दक्ष प्राविधिक र आधुनिक पद्धति आवश्यक पर्छ ।
- त्यसरी निकालिएका बिरूवाहरू पुनः थैलामा राखी हुर्काउनुपर्छ । प्लास्टिक थैला र त्यसमा भरिने मल, माटो आदि माथि (१ को क) मा भनिए जस्तै हुन्छ ।

(ख) बिरूवा रोप्ने तरिका

माथिका तीनै तरिकाबाट निर्माण गरिएका बिरूवा रोप्ने तरिका भने एउटै हो । फलफूलका बिरूवा जुनसुकै समयमा रोप्न सकिने भए पनि सामान्यतः जेठदेखि साउनसम्म वर्षाद हुने समयमा रोप्नु राम्रो हुन्छ । यो समयमा आकाशबाट वर्षा हुने तथा गर्मी याम भएकाले बिरूवा रोप्नेबित्तिकै हुर्कन धेरै सजिलो हुन्छ । बिरूवा रोप्न निम्नअनुसार कार्यहरू गर्नुपर्छ ।

- बिरूवा रोप्न एक महिनापहिले नै खाडल खनेर तयारी गर्नुपर्छ ।
- प्रत्येक बिरूवाका लागि ३ फिट गहिरो तथा ३ फिट गोलाइ भएको खाडल आवश्यक हुन्छ ।
- उक्त खाडलहरू एक लाइनबाट अर्को लाइन ७ मिटरको फरकमा खने पनि एक बोटबाट अर्को बोट ८ मिटरको फरकमा रोप्नुपर्छ ।
- बिरूवा लगाउने ठाउँ घमाइलो हुनुपर्छ । पानी नजम्ने वा वर्षादमा पर्ने पानीको राम्ररी निकास हुनुपर्छ ।
- जङ्गलका पतकारसँगै प्रतिखाडल २० किलो पाकेको कम्पोस्ट मल र माटो मोलेर खाडल भरी चुचुरो बनाउनुपर्छ । त्यस्तो चुचुरो बनाइएका ठाउँमा बिरूवा रोप्नका लागि काठ वा बाँसका किला गाडेर छोड्नुपर्छ ।

- खनिएका ती खाडलहरूमा रासायनिक मल पनि मात्र मिलाएर राख्नुपर्छ : प्रतिखाडल १६५ ग्राम फस्फोरस, ३७० ग्राम युरिया र ३३५ ग्राम पोटास । यी सबै मलहरू अन्य स्रोत, कम्पोस्ट मल तथा माटोसँगै मोलेर लगाइन्छ ।
- यसरी खाडल तयारी गरेको महिनादिनपछि मात्रै बिस्वा रोप्नु उपयुक्त हुन्छ । प्लास्टिकका थैलामा तयार भएको एभोकाडोको बिस्वा रोप्ने बेलामा प्लास्टिक थैलालाई पानीमा डुबाइन्छ । सानो कैंचीको सहाराले प्लास्टिक चिरेर फाली जरा छोपेर राख्ने माटोसहित बिस्वा खाल्डोको मुलायम माटोमा रोपिन्छ । तर यसरी बिस्वा रोप्ता प्लास्टिकमा जति माटो हुन्छ, त्योभन्दा १ इन्चजति मात्रै थप माटोले छोपेर राम्ररी थिच्नुपर्छ ।
- बिस्वा रोपेको दिन वर्षाद भए वा नभए पनि पूरै भिजे गरी पानी दिनुपर्छ ।
- एभोकाडोको बिस्वा रोपिसकेपछि पनि निकै ध्यान पुऱ्याउनुपर्छ । यसको बिस्वा हुर्काउन सुक्खा याममा १५ दिनको फरकमा र अन्य समयमा २१ दिनको फरकमा पानी दिनुपर्छ । पशु चौपायबाट बचाउनका लागि बारबेरको राम्रो व्यवस्थापन गर्नुपर्छ ।

(ग) एभोकाडोमा लाग्ने रोग तथा किराहरू

अन्य फलफूल बालीहरूमा भैं एभोकाडोमा पनि विभिन्न रोग तथा किराहरू लाग्ने गर्छन् । यहाँ एभोकाडोमा लाग्ने रोग तथा किराहरू र तिनको रोगथामका उपायहरू दिइएका छ ।

१) एभोकाडोका रोगहरू

क्यान्कर्स

क्यान्कर्स एभोकाडोमा लाग्ने सामान्य रोग हो, जसलाई खुला आँखाले प्रस्ट देख्न सकिन्छ । यो रोगले रूखको मुख्य भागमा आक्रमण गर्छ भने हाँगाहरू सुक्नै जान्छन् । रूखको काण्ड तथा अलि ठूला हाँगाबाट चोप

निक्लिएर फलाममा खिया लागे जस्तो देखिन्छ । क्यान्कर्स रोग लागेमा हाँगा भए काटेर फाल्न सकिन्छ भने काण्डमै आक्रमण गरे रूख नै मार्न सक्छ ।

फ्रुट रट्स : फल सड्ने रोग

दुसीजन्य प्याथोन च्याउका कारण लाग्ने यो रोगले सरसफाइको कमी भएका ठाउँमा विशेष आक्रमण गर्छ । यस्तो च्याउले पहिले जमिनमा छरिएका पातपतिंगरमा आक्रमण गर्छ भने फल टिपिसकेपछि जमिनमा खसेर सडेका फलमार्फत पनि रोग लाग्न र फैलन सक्छ । एभोकाडोको फल निकाल्दा सावधानी अपनाएको खण्डमा यो रोग निवारण गर्न सकिन्छ ।

रूट रट्स : जरा सड्ने रोग

यो रोग पानीको निकास नभएको ठाउँमा र बिस्वालाई बढी मात्रामा पानी दिँदा देखिने गर्छ । बगैँचामा पानीको मात्रा नियन्त्रण गरे त्यस्तो अवस्था सुधार गर्न सकिन्छ । कहिलेकाहीँ रूखवरिपरि खाल्डो खनेर पानी जरातिर पुऱ्याउँदा पनि रूख मर्नबाट बचाउन सकिन्छ । अर्थात् रूखको फेदमा जम्ने पानीको निकास गरिदिएर पनि रूखहरू बचाउन सकिन्छ ।

सनब्लच

सनब्लच निवारण गर्न नसकिने घातक रोग हो । यो रोग लागेपछि फलको रङ्ग उड्ने, हाँगाका टुप्पाको रङ्ग रातो, पहिलो देखिने र काण्डहरूमा चिरा पर्ने समस्या देख्न सकिन्छ । रोग लागेको बिस्वा बिस्तारै ओइलाउँदै जाने गर्छ । कतिपय रूखमा लक्षण नदेखिए पनि उत्पादनमा कमी आँउछ । यो रोग लागेपछि निवारण गर्न सकिँदैन तर रोग मुक्त बिस्वा लगाउनाले र औजारहरू सफा प्रयोग गर्नाले यो रोग लाग्नबाट बचाउन सकिन्छ ।

विल्ट एन्ड ब्लाइटस्

यो रोगले आक्रमण गरे नगरेको कुरा रूखको मरेको भाग हेरेर पहिचान गर्न सकिन्छ । विल्टका कारण बिस्वामा गुजमुजे समस्या देखिन्छ र हाँगाबिँगा पनि मर्न थाल्छन् । किनभने विल्टले साना हाँगाबिँगा र पातहरूमा मात्र असर गरेको पाइन्छ । यो रोग लागेको तन्तु वा हाँगा काटेर फाली बिस्वालाई पुनर्जीवन दिन सकिन्छ ।

२) एभोकाडो रूखमा लाग्ने किरा

बोरर किरा

बोरर किराले एभोकाडोको रूखमा प्वाल बनाई छिरेर अन्डा पार्ने गर्छ । यसरी किराले आफू छिर्न बनाएको प्वाल खुला आँखाले देख्न सकिन्छ । त्यस्ता प्वालहरूले हाँगालाई एकदम कमजोर बनाउँछन् । यो किराले प्रायः कमजोर बिस्वालाई आक्रमण गरेको पाइन्छ । त्यसैले बिस्वाको उचित स्याहार गरी किरा लागेका हाँगा काटेर फाल्नाले एभोकाडोका रूखलाई यो किराबाट जोगाउन सकिन्छ ।

भुसिल किरा

भुसिल किराले एभोकाडोका फल र फूलमा आक्रमण गर्ने र कम समयमै ठूलो क्षति पुऱ्याउने गरेको छ । एभोकाडोका रूखतिर *Bacillus Thuringensis* नामक विषादी छर्नाले यस्तो किरा भगाउन सकिन्छ ।

लेस बग्स

यो किराले रूखभन्दा पनि पात बिगाछ । यस्तो किरा लागेको ठाउँमा पहेंलो दाग देख्न सकिन्छ । बिस्तारै सबै पातहरू भर्ने हुनाले फल र हाँगाहरूसमेत अल्ट्रा भाइलेट हुने गर्छन् ।

माइटस्

माइटस्को असर पनि लेस बग्सको जस्तै देखिने गर्छ । यसबाट पातहरूमा बिस्तारै काँस जस्तै रङ्गिन टाटा देखिन थाल्छन् । यस्तो

किरा नाङ्गो आँखाले देख्न सकिँदैन तर माकुराले भैँ जालो बनाउने हुनाले असरचाहिँ तत्काल देखिन्छ । यसको निवारणका लागि कीटनासक विषादी र विशेष प्रकारको तेल प्रयोग गर्न सकिन्छ ।

थ्रिप्स

एभोकाडोको रूखमा कमै असर गर्ने थ्रिप्सले यसको फललाई आक्रमण गर्छ । यसको आक्रमणले फलको आकार अनावश्यक ठूलो भएको पनि पाइन्छ । यसको निवारणका लागि विशेष प्रकारको तेल प्रयोग गर्न सकिन्छ तर स्थानीय स्तरमा पाइने तेलहरू पनि उपयोगी हुन सक्छन् ।

३) एभोकाडोको फलमा लाग्ने किरा

- | | |
|------------------------------|----------------------------|
| 1. Tortrix moths | 2. Xyleborus |
| 3. Fruit flies | 4. Aspidiotus |
| 5. Bactrocera dorsalis | 6. Hypomecis |
| 7. Bactrocera | 8. Hleliothrips haemerchoi |
| 9. Selenothrips rubrocinctus | 10. Heliothrips |
| 11. Mediterran fruit fly | 12. Scirtothrips |
| 13. Black scale | 14. Ceratitits |

४) अन्य

एभोकाडो खेती गर्दा अरु कुरामा पनि ध्यान दिनुपर्छ—

- एभोकाडो समुद्र सतहदेखि सय मिटरभन्दा माथि २५ सय मिटरसम्मको उचाइमा खेती गर्न सकिन्छ ।
- वार्षिक सरदर ६६ देखि १६०० एमएलसम्म वर्षा हुने ठाउँहरूमा यसको खेती भएको छ ।
- माटोको पीएच मान ४ देखि ७ सम्म भएको जमिनमा एभोकाडोको खेती राम्रो हुन्छ ।

- एभोकाडोका लागि सरदर २४ देखि २८ डिग्रीसम्मको तापक्रम उपयुक्त हुन्छ । तर, यसले सोभन्दा केही तल वा माथिको तापक्रमसमेत सहन सक्छ ।
- रोपिएको नयाँ बिस्वा ८ फिट अग्लो भएपछि यसको टुप्पा काटिदिनुपर्छ । यसले बिस्वा भाँगिलो बनाउन मद्दत पुग्छ ।
- रूख हुर्किएर फल्ल थालेपछि हाँगाहरू पातलो र छोटो हुने गरी काँटछाँट गर्नुपर्छ ।
- बोटमै भाँचिएका, एकआपसमा जोडिएका, रोग वा किरा लागेका हाँगाहरू हरेक समयमा काँटछाँट गरी हटाउनुपर्छ ।
- एभोकाडोको बगैँचा स्थापना गर्दा फरक फरक जातहरू मिसाएर रोप्नुपर्छ । एभोकाडोमा फुल्ने र परागसेचन हुने प्रक्रिया अन्य फलफूलभन्दा फरक हुने कारणले यसरी रोप्नुपरेको हो ।
- एभोकाडो उष्ण तथा उपोष्ण हावापानीमा फस्टाउने फलफूल हो । स्याउ, केरा जस्तै यसलाई पनि पूजाआजामा चलाउन सकिन्छ ।

(२) एभोकाडो खाने तरिका

नेपालमा 'कृषि वस्तुको बजार खोई ?' भनेर हामी आफैँले आफैँलाई निरूत्साहित बनाइरहेछौं । यथार्थमा यो हाम्रो बाध्यता पनि हो । किनभने विश्वबजारमा खपत हुने धेरै कुरा नेपालमा प्रचलनमै आएका छैनन् । त्यसैले कृषकले उत्पादन गरे पनि त्यसको खपत नहुनाले बजार खोज्नुपरेका घटना धेरै छन् । भौतिक पूर्वाधारको कमी, प्रचारप्रसारको अभाव तथा परम्परागत सोचले पनि हाम्रो खाद्यपरम्परामा असर परेको देखिन्छ । यसमा ठूलो कमजोरी भनेको हामीले खानपानमा परिवर्तन ल्याउन नसक्नु पनि हो । हाम्रो खाद्य परम्परा समयअनुसार जुन रूपमा परिमार्जन हुँदै जानुपर्ने थियो, बाहिरी विश्वको तुलनामा त्यसअनुसार

विस्तार हुन सकेन । हामीले खानेकुराहरूमा थोरै परिवर्तन मात्रै गर्ने हो भने नेपालमै कृषिको बजार विस्तार गर्न ठूलो सघाउ पुग्ने थियो । उत्पादन मात्रै होइन, नेपाल आफैँमा कृषिका लागि ठूलो बजार भइसकेको छ जनसङ्ख्या विस्तारसँगै । नेपालका लागि नयाँ फल मानिने एभोकाडो 'कसरी खाने ?' यहाँ केही परिकारहरू खाने तरिका दिइएको छ ।

१) मोलेर खाने

एभोकाडो खाने सामान्य तरिका भनेको यसमा नुन र मरिच छर्केर अथवा कागती वा अन्य मसला मिसाएर खान सकिन्छ ।



२) मिश्रण गरेर खाने



उच्च पोषणका लागि एभोकाडो प्रत्येक बिहान खान सकिन्छ । एभोकाडो अन्डासँगै पकाएर पनि खान सकिन्छ । यसलाई अन्य सागपात र मासुसँग मिसाएर पनि खान सकिन्छ ।

३) अन्डा भुजुरीसँग खाने

बिहानीको खाजामा एभोकाडो खानु राम्रो हुन्छ । यदि काँचै वा चिसै खाने हो भने पहिले अन्डा भुजुरी बनाएर अन्त्यमा त्यससँगै एभोकाडोका चाना मिसाएर खान सकिन्छ ।



४) टोस्ट बनाएर



एभोकाडोलाई टोस्ट र स्यान्डविचमा दलेर खान सकिन्छ, जसले भिटामिन र खनिज तत्त्व प्रदान गर्छ ।

५) ग्योकोमल बनाएर खाने

ग्योकोमल प्रख्यात मेक्सिकन खाना हो । त्यसमा एभोकाडोलाई सागपात, मकै, फलफूलसँग मिसाएर विभिन्न मसला हाली खान सकिन्छ ।



६) मायोनेजसँग खाने



सलादमा मायोनिजको सट्टा एभोकाडो प्रयोग गर्न सकिन्छ ।

७) सुपसँग

एभोकाडोलाई विभिन्न हरिया फलफूलसँग मिसाई सुप बनाएर खाँदा उच्च पोषण मिल्छ ।



८) सलाद बनाई खाने



गाजर, मुला, प्याज, गोलभेंडा, स्याउ, बन्दा, काँक्रो आदि फलफूल तथा तरकारी जस्तै एभोकाडोबाट पनि सलाद बनाएर खान सकिन्छ ।

९) तारेको आलुसँग

राम्ररी पाकेको एभोकाडो तारेको आलुसँग विभिन्न सस मिसाएर खान सकिन्छ ।



१०) सावर क्रिमको सट्टा खाने



निम्न परिमाणको मिश्रणबाट एभोकाडोको सावर क्रिम पनि बनाउन सकिन्छ ।

- दुइटा एभोकाडो
- दुइटा कागतीको रस (६० एमएल)

- दुई चम्चा पानी (३० एमएल)
- दुई चम्चा जैतुनको तेल (३० एमएल)
- एक चिम्टी नुन
- एक चिम्टी मरिच

एभोकाडोको बाहिरको बोक्रा फालेर भित्रको दाना निकाली मसिनो पारेर काट्ने र अलि ठूलो प्लेट वा बाओलमा राख्ने । त्यसमा माथिका सबै वस्तुहरू मिसाउने र मोल्ने अनि खाने ।

११) सुसी रोलसँग खाने

सुसी रोल जापानी खाना हो । यसमा भात, माछा र समुद्री सैवाल अर्थात् समुद्रमा पाइने खानेकुराहरू राखिएको हुन्छ । यसमा थप स्वादका लागि माथिबाट एभोकाडो प्रयोग गर्न सकिन्छ ।



१२) ग्रिल गरेर खाने



एभोकाडोलाई ग्रिल गरेर पोलेको मासुसँग खाँदा बेग्लै स्वाद आउँछ ।

१३) अचार बनाएर खाने

एभोकाडोको अचार एकदमै स्वादिलो हुन्छ । यसको अचार बनाउँदा पहिले अमिलो न नुनसँग एभोकाडो उसिन्नुपर्छ । त्यसमा लसुन, तोरीको छोप र खुर्सानी हालेर थप स्वादिलो बनाउन सकिन्छ ।



१४) टपिडको रूपमा खाने



एभोकाडो पिज्जा, बर्गर, स्यान्डविचमा टपिडको रूपमा प्रयोग गर्न पनि सकिन्छ ।

१५) लेदो बनाएर खाने

स्मुदी आइस क्रिम जस्तै एभोकाडोलाई केरा, भुइँकटहर, हरियो सागपातसँग मिसाई पिसेर बनाएको लेदोको स्वाद जिभ्रोमा भुन्डिरहन्छ ।



१६) पाउरोटीसँग खाने



एभोकाडोलाई पाउरोटी बनाउनमा पनि प्रयोग गरिन्छ भने पाकेर गलेपछि बन्ने यसको क्रिम पाउरोटीमा दलेर पनि खान सकिन्छ ।

१७) सलाद सजावटका रूपमा

सलादको सजावटमा पनि एभोकाडोलाई विभिन्न तरिकाले प्रयोग गर्न सकिन्छ । निकै पौष्टिक तर थोरै मात्र क्यालोरी भएकाले यसलाई सबै किसिमका बिरामीका लागि पनि खान उपयुक्त मानिन्छ ।



१८) आइस क्रिमको रूपमा



स्ट्रबेरी, भेनिला स्वादमा तयार पारिने आइस क्रिम जस्तै एभोकाडोबाट बनेमो आइस क्रिम बजारमा निकै चल्ती हुन्छ ।

१९) डेजार्डको रूपमा

चीनमा ड्रागन फ्रुटलाई डेजार्डको रूपमा प्रयोगमा ल्याइएको छ । हामीले एभोकाडोका टुक्रालाई डेजार्डको रूपमा प्रयोग गर्न सकिन्छ ।



२०) हुम्मासमा प्रयोग



हुम्मास पोषणयुक्त खाना हो, जसमा जैतुनको तेल र तिलको तेल प्रयोग हुन्छ । यसमा एभोकाडो मिसाएर खानु स्वस्थकर मानिन्छ ।

२१) पास्ता सससँग मिसाएर खाने

एभोकाडोलाई क्रिम बनाएर पास्ता र सससँग मिसाएर खाना सकिन्छ ।



२२) पान केकसँग खाने



एभोकाडो पान केकसँग खाँदा शरीरलाई चाहिने पर्याप्त भिटामिन, खनिज र पोषण तत्व प्राप्त गर्न सकिन्छ ।

२३) पेय पदार्थसँग

एभोकाडोलाई जुस, जाम, वाइन, रम, रक्सी लगायत अनेक पेय वस्तुहरूसँग स्न्याक्सको रूपमा पनि सेवन गर्न सकिन्छ ।



(३) एभोकाडो खानुका फाइदा

कहिल्यै नखाएका मानिसहरूका लागि एभोकाडोको फल नमिठो लाग्न सक्छ । कसैकसैलाई भने सुरुमै एकदमै राम्रो र स्वादिष्ट पनि लाग्छ । तर, यो फल स्वादका लागि होइन, मानव शरीरलाई फाइदा हुने हिसाबमा नियमित खानुपर्छ । एभोकाडो खानाले मानव शरीरलाई हुने २३ फाइदाहरूबारे यहाँ संक्षिप्त जानकारी दिइएको छ, जसको वैज्ञानिक पुष्टि भइसकेको छ विज्ञहरूबाट ।

१. पोषणयुक्त खानेकुरा

एभोकाडो खानाले शरीरले पर्याप्त पोषण पाउँछ । एउटा एभोकाडोबाट निम्न कुरा प्राप्त गर्न सकिन्छ—

- प्रोटीन ४ ग्राम, ८ प्रतिशत डिभी
- भिटामिन ए २९३ आईयू, ६ प्रतिशत डिभी
- भिटामिन सी २०१ मिलिग्राम, ३३ प्रतिशत डिभी
- भिटामिन ई ४.२ मिलिग्राम, २१ प्रतिशत डिभी
- भिटामिन के ४२.२ मिलिग्राम, ५३ प्रतिशत डिभी
- भिटामिन ०.१ मिलिग्राम, ९ प्रतिशत डिभी
- राइबोभ्लाबिन ०.३ मिलिग्राम, प्रतिशत १५ डिभी
- नाएसिन ३.५ मिलिग्राम, १७ प्रतिशत डिभी
- भिटामिन बी_६ ०.५ मिलिग्राम २६, प्रतिशत डिभी
- फोलेट १६३ मिलिग्राम, ४१ प्रतिशत डिभी
- प्यान्थेनिक एसिड २.८ मिलिग्राम, २८ प्रतिशत डिभी
- मोनो अन्स्याचुरेटेट फ्याट १९७ ग्राम
- ओमेगा ३ फ्याट्टी एसिड २२१ मिलिग्राम
- म्याग्नेसियम ५८.३ मिलिग्राम, १५ प्रतिशत डिभी
- फस्फोरस १०५ मिलिग्राम, १० प्रतिशत डिभी
- पोटासियम ९७५ मिलिग्राम, २८ प्रतिशत डिभी
- डाइटरी फाइबर १३.५ ग्राम, ५४ प्रतिशत डिभी

यी सबै तत्त्व मात्र एउटा एभोकाडो खानाले प्राप्त गर्न सकिन्छ, जुन अन्य धेरै खानेकुरा सङ्कलन गरी खानाले पनि प्राप्त हुँदैन । धेरै मानिसले यसलाई एकदम थोरै खाएको पाइन्छ तर एउटा एभोकाडो खान

नसक्नुको कुनै कारण छैन । यसलाई खान अहिल्यैबाट सुरू गरे हाम्रो शरीरले मात्र होइन, हरेक अङ्गहरूले अवस्य धन्यवाद दिनेछन् ।

एभोकाडोमा प्रशस्त भिटामिन, स्वस्थ फ्याट र हाम्रो शरीरलाई चाहिने पोषण पाउन सकिन्छ ।

२. एभोकाडो पोटासियमको प्रमुख स्रोत

तपाईंले आफ्नो खानामा पर्याप्त पोटासियम पाइराख्नुभएको छ ? पक्कै छैन । खानामा पोटासियमको कमी हुनु विश्वकै एक प्रमुख समस्या हो । औषधी विभागले पनि एक व्यक्तिले दैनिक ४७०० मिलिग्राम पोटासियम खानुपर्छ । तथापि एक सोधअनुसार हाल अमेरिकीहरूले पनि दैनिक २६४० मिलिग्राम मात्र पोटासियम खाइरहेछन् ।

शरीरलाई पोटासियमको मात्रा पुगे अनेक फाइदा छन् । यसले रक्तचाप सन्तुलित राख्न मद्दत गर्छ । त्यसैले हामीले खाने दैनिक खानाबाट पोटासियम लिइरहनुपर्छ ।

यदि कसैले पोटासियमको मात्रा बढाउन लगाए पक्कै तपाईं केरा रोज्नुहुन्छ । एउटा सामान्य केरामा ४२२ मिलिग्राम पोटासियम हुन्छ, जुन तपाईंलाई चाहिने पोटासियमको १२ प्रतिशत मात्र हो । तपाईंलाई थाहा छ ? एउटा एभोकाडोमा पाइने पोटासियमको मात्र ? एउटा एभोकाडोमा ९७५ मिलिग्राम पोटासियम पाइन्छ, जुन हामीलाई चाहिने मात्राको २८ प्रतिशत हो । यसको अर्थ एउटा केराको अनुपातमा एभोकाडोबाट दुई गुणा बढी पोटासियम प्राप्त हुन्छ । केरा खानु स्वादिलो हुन्छ तर केराभन्दा एभोकाडो पौष्टिक हुन्छ । अन्य फलफूलको तुलनामा बढी पोटासियम पाउने हुनाले यसको सेवन गरेर तपाईं खुसी बन्न सक्नुहुन्छ ।

मुख्य बुदाँ

पोटासियम सेवनले आफ्नो हृदय स्वस्थ राख्नुहोस् । यसका लागि केरा राम्रो हो भने एभोकाडो अति राम्रो !

३. भिटामिन के को उत्कृष्ट स्रोत

एभोकाडोको पोषण सन्देश अध्ययन गर्ने हो भने एउटा एभोकाडोले भिटामिन केको ५० प्रतिशत मात्रा प्रदान गर्ने देखिन्छ । भिटामिन केलाई आममानिसहरूले नजरअन्दाज गरे पनि यसले गर्भवती महिलाको शरीरमा ठूलो भूमिका खेल्छ किनकि यसको कमी भएमा अत्यधिक रक्तश्राव हुन्छ, जसलाई भिकेडिभी पनि भनिन्छ ।

भिकेडिभी आमाको दूधमा भिटामिन केको कमी हुँदा प्रत्यक्ष देखिन्छ । नामले भनेभैँ रगतमा यसको मात्रा कम भएमा मान्छेको मृत्यु पनि हुन सक्छ । आमाको दूधमा पनि पर्याप्त भिटामिन के नहुनाले नवजात शिशुहरूलाई भिटामिन के खुवाउने गरिन्छ । हाम्रा आन्द्राहरूले भिटामिन के उत्पादन गर्छन् तर सहयोगका लागि ब्याक्टेरिया आवश्यक पर्छ । नवजात शिशुहरूमा सो ब्याक्टेरिया नहुनाले र आमाको दुधबाट पनि पूर्ण प्राप्ति नहुनाले भिटामिन के खुवाइन्छ ।

एभोकाडो खानाले भिटामिन के प्राप्त गर्नुका साथै भिकेडिभीबाट पनि बच्न सकिन्छ । यसले हाड बलियो बनाउन र रगत जमाउन अत्यधिक सहयोग गर्छ । बालक, वृद्ध, गर्भवती र बिरामीका लागि एभोकाडो अति फाइदाजनक हुन्छ ।

मुख्य बुदाँ

एभोकाडो भिटामिन केको महत्त्वपूर्ण स्रोत हो । यसले नवजात शिशुलाई भिकेडिभीबाट बचाउनुका साथै हाडलाई पनि बलियो बनाउँछ ।

४. एभोकाडो सेवनले धेरै मात्रामा स्वस्थ फ्याट आर्जन हुन्छ

यदि फ्याट सेवनबाट तपाईं डराउनुहुन्छ भने एभोकाडो नकार्नुभएको होला ! एभोकाडोमा ७७ प्रतिशत क्यालोरी फ्याटबाट प्राप्त हुन्छ र यो फाइदाजनक छ । ओलिक एसिडको रूपमा आउने यसको फ्याटले रक्तचाप सन्तुलित राख्छ । अधिक फ्याट सेवनका कारण शरीर सुन्निने

समस्या ओलिक एसिडले कम गर्छ । ओलिक एसिड क्यान्सर प्रतिरोधात्मक हुन्छ । त्यसैले एभोकाडोमा भएको फ्याट शरीरका लागि फाइदाजनक हुन्छ ।

मुख्य बुदाँ

फ्याटलाई नकारात्मक रूपमा मात्र नलिऔं, यसले उच्च रक्तचाप र क्यान्सरबाट बचाउन मद्दत गर्छ ।

५. एभोकाडोको बिउबाट बनेको खानेतेल पनि मानवशरीरका लागि सुरक्षित मानिन्छ । मोनो अन्स्याचुरेटेड भएकाले यसमा ओलिक एसिड स्थिर हुन्छ । यस कारण यसलाई सुरक्षित मानिएको हो । स्वादमा पनि खरो नहुने हुनाले यसलाई राम्रो मानिन्छ ।

६. फ्याट धेरै हुनाले यसले अरु स्रोतबाट पोषण सोस्ने काम गर्छ

एभोकाडोमा हुने फ्याटले अन्य खानेकुरामा हुने पोषण सजिलै लिन मद्दत गर्छ । भिटामिन ए, बी, डी, के, ईबाहेक पनि अन्य एन्टी अक्सिडेन्टहरू पाइने हुनाले क्यान्सर प्रतिरोध गर्ने क्षमता हुन्छ फ्याटमा । त्यसैले यसको फ्याट फाइदाजनक छ । एक अध्ययनअनुसार एभोकाडोले अन्य तत्व सोस्ने क्षमता १५ प्रतिशतले बृद्धि गर्छ । त्यसैले यसलाई अन्य खानेकुरासँग मिसाएर खानु फलदायी मानिन्छ ।

७. एभोकाडो रेसा वा फाइबरको राम्रो स्रोत

एउटा एभोकाडोले ५४ प्रतिशत फाइबर प्रदान गर्छ । यसले शरीरको उचित हलचलमा मद्दत गर्छ भने कब्जियतबाट पनि जोगाउँछ । फाइबरले विभिन्न रोगहरूको सम्भावना घटाउँछ । एभोकाडोमा घोलिने र नघोलिने दुवै किसिमको फाइबर पाइन्छ ।

८. एभोकाडोले कोलेस्टोरल र ट्राइग्लिसाराइडको मात्रा घटाउँछ

यदि तपाईं आफ्नो शरीरप्रति चिन्तित हुनुहुन्छ भने एभोकाडो नियमित खाने गर्नुहोस् । अध्ययनअनुसार यसले मुटुसम्बन्धी विभिन्न रोग

कम गर्छ र एलडीएल कोलेस्टोरल २२ प्रतिशत र एचडीएल कोलेस्टोरललाई ११ प्रतिशतले घटाउँछ । यसले ट्राइग्लिसाराइड पनि २० प्रतिशतले घटाउन मद्दत गर्छ ।

९. एभोकाडोले पोषण बढाएर मेटाबोलिक सिन्ड्रोम कम गर्न मद्दत गर्छ

अमेरिकामा गरिएको एक अध्ययनअनुसार एभोकाडो खाने व्यक्ति अरुभन्दा स्वस्थ रहेको पाइन्छ । उनीहरूको खानामा पोषण धेरै देखिएको र मेटाबोलिक सिन्ड्रोमको समस्या न्यून पाइयो ।

१०. क्यान्सरबाट बच्न पनि एभोकाडोको सेवन अनिवार्य छ

आर्थिक, भौतिक र वैज्ञानिक विकास जति भए पनि हालसम्म क्यान्सर निको पार्न विद्वानहरूलाई पूरै सफलता मिलेको छैन । तर एभोकाडो खानाले क्यान्सरसँग लड्न सक्ने क्षमता वृद्धि हुन्छ । तत्त्वले क्यान्सरका कोषहरू उत्पादन हुन बन्द गर्न महत्त्वपूर्ण भूमिका खेल्छ ।

११. एभोकाडोले किमोथेरापीको नकारात्मक असर कम गर्छ

किमोथेरापी क्यान्सर उपचारको एक पद्धति हो । यसमा विभिन्न औषधीहरू शरीरभित्र भएका क्यान्सर सेल मार्न प्रयोग हुने भएकाले यसले स्वस्थ कोषहरूलाई पनि असर गर्छ । यस कारण नसामा समस्या, मुटुमा समस्या र बाँभोपनको समेत समस्याहरू देखिन्छन् । नियमित एभोकाडो सेवनले यस्ता समस्याहरूको निवारण गर्छ ।

१२. शरीरको तौल घटाउनसमेत मद्दत गर्छ

यदि तपाईंलाई तौल घटाउन समस्या भइरहेको छ भने नडराउनुहोस् र दिक्क मान्नसमेत छाडिदिनुहोस् । किनेर, खोजेर, मागेर वा जसरी हुन्छ, नियमित एभोकाडो सेवन गर्नुहोस्, एकदेखि डेढ महिनामा तपाईंको तौल तपाईं चाहेजति मात्र रहन्छ । एभोकाडोमा भएका विभिन्न तत्त्वले शरीरमा फ्याट र मासुको मात्रा सन्तुलित राख्छ ।

१३) एभोकाडोले बाथको समस्या कम गर्छ

एभोकाडोको तेलमा पाइने विभिन्न तत्त्वहरूले ओस्टियो बाथलाई सन्तुलित राख्छ । यसले जीवनका दुख कम गराउन मद्दत गर्छ ।

१४) एभोकाडोले कलेजो सुरक्षित राख्छ

यदि तपाईं आफ्नो कलेजो सुरक्षित राख्न चाहनुहुन्छ भने एभोकाडो सेवन गर्नुहोस् । कलेजोसम्बन्धी विभिन्न रोगबाट बच्न सक्नुहुन्छ । पछिल्लो समय नेपालमा रक्सी सेवन गर्ने मानिसहरू बढिरहेका छन् । रक्सीसँग एभोकाडो खानाले कलेजो बचाउन सकिन्छ भने रक्सी मात्रात्मक सन्तुलन मिलाउनसमेत सहयोग पुग्छ । रक्सी सेवन गर्नेहरूका लागि एभोकाडो वरदान हो ।

१५. मनोवैज्ञानिक स्वास्थ्य मजबुत बनाउँछ

एभोकाडोमा पाइने फ्याट्टी एसिडले हाम्रो मानसिक अवस्था सन्तुलित राख्छ भने यसमा हुने भिटामिन बी६ ले डिप्रेसनबाट पनि बचाउँछ ।

१६. एभोकाडोले मस्तिष्कको क्षमता जोगाउँछ

डिमेन्सिया (पागलपन) अहिले विश्वमै महामारीको रूपमा फैलिरहेको छ भने अल्जाईमर्सका कारण मानिसको मृत्यु पनि भइरहेछ । यसको रोकथामको कुनै विशेष उपचार त छैन तर के एभोकाडोले यसको रोकथाम र निवारणमा उपयुक्त भूमिका खेलेको पाइएको छ । यसमा हुने पोषणका स्रोतहरूले मानसिक अवस्था सन्तुलित राख्छ भने मस्तिष्कका नसाहरूलाई सुरक्षा प्रदान गर्न मद्दत गर्छ । तसर्थ दिमागी अवस्थालाई तेज बनाउन एभोकाडोले विशेष भूमिका खेल्छ ।

१७. घाउ, चोटपटक निको पार्न सहयोग

मुसामा गरिएको एक अध्ययनअनुसार एभोकाडोले घाउ निको पार्न पनि निकै ठूलो मद्दत गर्छ ।

१८. आँखा वा दृष्टिलाई फाइदा

एभोकाडोमा हुने लिउटिन र जेक्सन्थिन एन्टी अक्सिडेन्टले आँखाको रेटिना बचाउन सहयोग गर्छ । यसले मोतीबिन्दु लाग्नबाट पनि बचाउँछ ।

१९. एभोकाडोमा सूक्ष्म जीवसँग लड्ने क्षमता हुन्छ

एभोकाडोमा हुने एन्टी ब्याक्टेरियाले श्वास गनाउने समस्या कम गर्छ । साथै यसको तेलले छालाको समस्यालाई समेत निको पार्छ ।

२०. एभोकाडोको तेलले छाला स्वस्थ बनाउँछ

यदि तपाईं स्वस्थ र भरभराउँदो छाला बनाउने सोचमा हुनुहुन्छ भने एभोकाडो तेल तपाईंका लागि हो । यसमा हुने एन्टी अक्सिडेन्टले विभिन्न विकिरणहरूबाट जोगाई छालालाई मजबुत बनाउँछ ।

२१. छालाको चाउरीपन कम गर्न मद्दत गर्छ

एभोकाडोमा पाइने एन्टी अक्सिडेन्टले छालामा अन्यवश्यक मानिने तरल पदार्थ बढाई छालाको सुरक्षण गर्छ र छालालाई मुलायम बनाई जवान देखाउँछ ।

२२. कपालको मजबुति र सुरक्षामा मद्दत

एभोकाडोको नियमित सेवनले टाउकोको छालामा पानीको मात्रा बढाई कपाल भर्न रोकछ । एभोकाडोको तेललाई अन्य वस्तुसँग मिसाएर छाला र कपालमा लगाउँदा निकै फाइदा हुन्छ ।

एभोकाडोको फेस, हेयर प्याक बनाउने तरिका

- एउटा एभोकाडोको बोक्रा र बियाँ हटाउने ।
- यसमा २ चम्चा मह राख्ने ।
- २ चम्चा जैतुनको तेल मिसाउने ।
- २-३ थोपा अन्य कुनै तेल राख्ने ।

प्रयोग गर्ने विधि

- एभोकाडोलाई टुक्याउने ।
- त्यसमा जैतुनको तेल र अरु सबै सामग्री मिसाउने ।
- सबैलाई एकसाथ मिसाउने ।
- कपाललाई हल्का चिसो बनाउने ।
- एभोकाडोको मिश्रणलाई कपालमा जरैदेखि मालिस गर्ने ।
- मिश्रणलाई सावर क्याप अथवा अन्य कुनै प्लास्टिकले छोप्ने ।
- कपाललाई तातोपना दिएर १५ मिनटजति राख्ने ।
- सफा पानीले कपाल धुने ।
- कपाललाई स्याम्पो र कन्डिस्नर लगाएर धुने र सुक्न दिने । तपाईंको कपाल मुलायम हुन्छ ।

मुख्य बुदाँ

यो विधिले कपाल मुलायम राख्न मद्दत गर्छ । साथै यसबाट अन्य हेयर केयर ट्रिटमेन्टहरू पनि बनाउन सकिन्छ ।

२३) वर्ग २ को मधुमेह निवारण गर्छ

एभोकाडोका अनेक फाइदामध्ये एक हो रगतमा इन्सुलिन र लिबिडको मात्रा सन्तुलित राख्नु । पाचनमा समस्या हुने विभिन्न वस्तुलाई मोनोअनस्याचुरेटेट फ्याट्टी एसिडले विस्थापित गरी मधुमेह निको पार्न मद्दत गर्छ । यसका लागि मोनोअनस्याचुरेटेट एसिडको मुख्य भूमिका हुन्छ ।

(४) एभोकाडोका जातहरू

संसारभर एभोकाडोका सयभन्दा बढी जातहरू फेला परेका छन् । एभोकाडोमा छिटोछिटो परागसेचन भई अर्को प्रजाति निस्कने हुनाले पनि

धेरै प्रजाति भएको हो । बजारमा माग हुने तथा खास विशेषता बोकेका एभोकाडोका केही जातहरूबारे यहाँ संक्षिप्त रूपमा दिइएको छ ।

१) इथिन्जर

विशेष गरी इजरायलमा फल्ने यो एभोकाडोमा हरियो बोक्रा र ठूलो दाना हुन्छ ।



२) सारबिल



यो अस्ट्रेलियाली एभोकाडो हो । बाहिरबाट हेर्दा खस्रो देखिने भए पनि यसको खाने भाग पहेलो हुन्छ । स्वाद पनि खरो र चिप्लो हुन्छ ।

३) जुटानो

जुटानो जातको एभोकाडोको बोक्रा फिका पहेलो र हरियो हुन्छ भने यसको स्वाद नौनी जस्तै हुन्छ । यस जातको छिप्पिएको एभोकाडोको तौल २२० देखि ४५० ग्रामसम्म हुन्छ ।



४) ब्रोकडेन



अलि बैजानी रङ्गकाका फल देखिने यो एभोकाडो भारत र मेक्सिकोमा पाइन्छ । यो व्यावसायिक रूपमा त्यति उपलब्ध छैन ।

५) फ्रुर्टे

यो नासपाती आकारको देखिने यस प्रजातिको एभोकाडो वर्षमा ८ महिना उपलब्ध हुन्छ । स्पेनिस भाषामा फ्रुर्टेको अर्थ साह्रो भन्ने बुझिन्छ ।



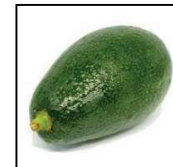
६) क्यालियोपात्र



यो छोटो र नयाँ प्रजातिको एभोकाडो हो ।

७) बेकन

यो अरुभन्दा सामान्य स्वादको हुन्छ र यसको बोक्रा निकाल्न एकदम सजिलो हुन्छ ।



८) मोन्राई



दुई पाउन्ड अर्थात् ९ सय ९० ग्रामसम्मका फल हुने यो प्रजातिको एभोकाडोको बोक्रा कम रसिलो हुन्छ ।

९) चोकेट

दक्षिणी फ्लोरिडाबाट आएको चोकेट प्रजाति एभोकाडोको बोक्रा रसिलो हुन्छ ।



१०) लुला



गर्मी ठाउँ र याममा ज्यादा फल्ने लुला प्रजातिको एभोकाडो अरुभन्दा धेरै पाइन्छ बजारमा । चिसो प्रतिरोधात्मक यो प्रजातिको एभोकाडो एक पाउन्ड ४५० ग्रामसम्मको फल छ ।

११) ह्यास

सर्वत्र प्रख्यात ह्यास प्रजातिको एभोकाडो वर्षभरि नै उपलब्ध हुन्छ । नौनीको स्वादमा पाइने यसका फल गोलाकार लाम्बा हुन्छन् भने पाकेपछि गाढा बैजनी रङ्गमा परिणत हुन्छ ।



१२) रिड



रिड प्रजातिको एभोकाडो गर्मी मौसममा मात्र पाइन्छ । सामान्य स्वादमा रहने यसका बोक्रामा कुनै परिवर्तन आउँदैन, परिपक्व हुँदा पनि हरियै रहन्छ ।

१३) पिङ्करटन



पिङ्करटन प्रजातिको एभोकाडोको बोक्रा खस्रो भएकाले ताछ्न एकदम सजिलो हुन्छ । यसको बियाँ सानो हुन्छ भने ०.५ देखि १.५ पाउन्ड अर्थात् २२५ देखि ६८० ग्रामसम्म तौल हुन्छ ।

१४) गुयान

गुयान प्रजातिको एभोकाडोको स्वाद ह्यासको जस्तै हुन्छ । यो बाक्लो, हरियो बोक्रा भएको यसका दाना भने अरुभन्दा साना हुन्छन् ।



१५) मलुमा



यो प्रजातिको एभोकाडो सन् १९९० तिर दक्षिण अफ्रिकामा विकास भएको थियो । यसको रङ्ग गाढा बैजनी हुन्छ ।

१६) ल्याम्ब ह्यास

यस प्रजातिको एभोकाडो उच्च गुणस्तरको मानिन्छ । फलफूलमा निकै अमूल्य मानिने यो एभोकाडोको सिजन निकै ढिलो आउँछ ।



१७) रसेल



यस प्रजातिको एभोकाडोको फल १२ इन्चसम्म लामो हुन्छ । रूख पनि एकदमै कठोर र ठूलो हुन्छ । फ्लोरिडाबाट उत्पादन सुरु भएको यो प्रजाति

व्यावसायिक रूपमा जताततै फैलिएको छ । यसमा ८ देखि १५ प्रतिशत तेल हुन्छ ।

एभोकाडोको समूह

एभोकाडोलाई दुई वर्गमा विभाजित गरिएको छ । 'ए' र 'बी' समूहमा विभाजित एभोकाडोको समूह र जात तल दिइएको छ—

'ए' वर्गको एभोकाडोका जातहरू

१) चोकेट, २) लुला, ३) ह्यास, ४) रिड, ५) पिङ्करटन, ६) गुयान, ७) मालुमा, ८) रसेल, ९) ल्याम्ब ह्यास

'बी' वर्गको एभोकाडो जातहरू

१) इथिन्जर, २) सारबिल, ३) जुटानो, ४) ब्रोक्डेन, ५) फ्रुर्ट, ६) किलोयोपात्रा, ७) बेकन, ८) मोन्रोई

एभोकाडोको यो वर्गीकरण फूल फुल्ने आधारमा तय गरिएको हो ।

(५) एभोकाडोको पोषण विवरण

पोषणका हिसाबले अन्य फलफूलभन्दा एभोकाडोलाई उच्च स्तरको मानिन्छ । प्रति १०० ग्राममा पाइने एभोकाडोको पोषण तत्त्वहरू निम्नअनुसार छ—

S.N.	Particulars	Quantity grams	Percent
1.	Energy	670 kj	160 kcal
2.	Carbohydrates	8.53 grams	
3.	Sugars	0.66 grams	
4.	Dietary fiber	6.7 grams	
5.	Fat	14.66 grams	
6.	Saturated	2.13 grams	
7.	Monounsaturated	1.82 grams	
8.	Poly unsaturated	1.82 grams	
9.	Protein	2.00 grams	

Vitamins

S.N.	Particulars	Quantity	Percent
1.	Vitamins A equiv	7	1
2.	Beta caratene lutein zeaxanthin	62	1
3.	Thiamine B1	0.067 mg	6
4.	Riboflavin B2	0.130 mg	11
5.	Niacin B3	1.738 mg	12
6.	Pantothenic acid B5	1.389 mg	28
7.	Vitamin B6	0.257 mg	20
8.	Folate B9	0.257 mg	20
9.	Vitamin C	10 mg	12
10.	Vitamin E	2.07 mg	14
11.	Vitamin K	2.1 mg	20

Minerals

S.N.	Particulars	Quantity	Percent
1.	Calcium	12 mg	1 Dv
2.	Iron	0.55 mg	4
3.	Magnesium	29 mg	8
4.	Manganese	0.142 mg	7
5.	Phosphorus	52 mg	7
6.	Potassium	485 mg	10
7.	Sodium	7 mg	0
8.	Zinc	0.64 mg	7
9.	Water		73.23
10.	Beta sitosterol		76 gram

(६) एभोकाडोको बजार व्यवस्थापन

एभोकाडोको बजार घटेको छैन । संसारभर यसको बजार दिनानुदिन बढिरहेको छ । पहिले मध्यअमेरिकामा मात्रै सीमित रहेको एभोकाडो हाल अफ्रिका, युरोप, एसिया, अस्ट्रेलिया लगायत संसारका सबै मुलुकहरूमा फैलिँदै गएको छ । नेपालमा यसको बजार पछिल्लो समयमा निकै बढेको छ । हाल नेपालको आन्तरिक बजार भनेको पोखरा मात्रै प्रतिवर्ष ७ लाख किलो रहेको छ । यसै गरी काठमाडौं उपत्यकाको वार्षिक माग १५ लाख किलोको छ । अन्य बजारहरूमा वार्षिक १० लाख

किलो रहेको तथ्याङ्कले देखाएको छ । यसरी भन्डै ३२ लाख किलोको बजार रहेको नेपालमा पछिल्लो समय यसका बिर्वाको मागका कारण पनि एभोकाडोको फलको माग बढेको अनुमान लाउन गाह्रो छैन ।

हाल नेपालमा जम्मा २ प्रतिशत नागरिकले मात्रै एभोकाडो खानेबारे जानकारी पाएको पनि बताएको छ तथ्याङ्कले । यस प्रतिशतलाई क्रमशः ४, ८, १६, ३२ र ६४ का हिसाबले बढाउँदै जाने हो भने नेपालमै पनि करोडौं किलो माग हुने देखिन्छ ।



स्थानीय तथा प्रदेश सरकारले 'एभोकाडो खाऊँ स्वास्थ्य बनाऊँ' अथवा 'एभोकाडो खाएर स्वस्थ रहौं' भन्ने खालका

सूचनाहरू जनतामा पुऱ्याउनु आवश्यक छ । यदि सरकारबाटै यस प्रकारका कार्यहरू भएमा एभोकाडो बजार निकै बढ्ने देखिन्छ । हाल नेपालको आन्तरिक माग धान्नका लागि समेत युगान्डा, श्रीलङ्का तथा थाइल्यान्डबाट एभोकाडो आयात भएको देखिन्छ । नेपालको एभोकाडोलाई अन्तर्राष्ट्रिय बजारमा पुऱ्याउन पनि निजी र सरकारी दुवै क्षेत्रले का गरिरहनुपर्छ । यसका लागि केही व्यक्तिले आशा लाग्ने किसिमले काम गरिरहेका छन् । यसलाई सरकारले समेत प्रवर्द्धन गर्नु आवश्यक देखिन्छ ।

एभोकाडोको सबैभन्दा ठूलो बजार नै ताजा फलको उपभोग हो । यसै गरी एभोकाडोको अर्को बजार हो प्रशोधन उद्योग र अनेक परिकार तयारी । त्यसैले एभोकाडो खाने अनेक तरिकाबारे स्थानीय सरकारहरूले तालिमको व्यवस्था गरी होटलहरूमा मेनुको व्यवस्थापनसमेत गर्न लगाउने कार्यहरू गर्न र गराउन सकिन्छ । एभोकाडोको बजार विस्तार गर्नु समस्या होइन, हाम्रो देशकै ठूलो अवसर हो ।



Avocado

1. Ways of Avocado Farming.

For the Avocado farming, firstly seeds and plants are required. The ways of plant preparation are explained in following three points.

1. Growing the plant (seedling)

(A) First way of growing the baby plant (seedling):

After the matured seed gets riper, the seed can be directly planted in the ground or can be grown in plastic bag. To prepare plant in this way, following methods can be adopted:

- Soil from the forest with decayed leaves.
- Matured compost manure.
- Plastic bag of 4-inch diameter and 6-inch length.
- Fine sand.

Methods of filling plastic bag and planting seeds.

1. Plant the seed from ripen Avocado as soon as it is withdrawn from the fruit.
2. The seed can be stored in dry soil or sand if wished to plant it later. The stored seed can be used within 3 months.
3. Properly sieve the soil 1 part, sand 1 part, and compost manure 1 part and mix them.
4. Fill the plastic bag up to the height of five inches, plant the seed on the top facing upward and cover it with soil.
5. Arrange those bags in line in the area of 1-meter breadth and length as required. Such arranged plastic bags are easier to count.
6. Water it with the help of watering can until the whole bags get wet. Cover the bags with straw or sack.
7. During winter, bags can be covered with plastics to grows artificial heat. During, summer covering is not necessary.
8. The baby plant grown by this way gets ready in 6 months for further growth and these plants can be made available for commercial purpose.

(B) Second ways of growing the seedling (baby plant).

The steps mentioned in A are the ways of seedling growth from seeds whereas the process of developing grafting seeds are explained under this

heading. The ways of addition of bud to the root stock are explained here. Developing the grafted plant are explained in following points;

1. A rootstock from one year old plant is required. For root stock. Gwen species of avocado is highly preferred. It can grow numerous fruits in a single plant which is considered as its advantage.
Note: Bud is also called scion.
2. A bud is required to add it to the rootstock. Rootstock and bud are of equal importance. The selection of bud depends upon our priority of growing any particular species of avocado.
3. Cut the rootstock at about half feet from the bottom and cut in between of the root vertically. Remove the covering of bud, from both side and insert it into the root where it is cut and cover it with the plastic properly. The size of bud should have equal diameter as of rootstock and length of 1 inch.
4. Cover the grafted area with plastic bag and remove it after the growth of new bud. Remove the growing plants from bottom of the root and allow only the growth from grafted bud.
5. The success rate of avocado grafting is minimum. It is due to the hollow position in rootstock. To prepare numerous plants, many rootstocks are to be added with bud.
6. There are several advantages of avocado grafting. First one is, we could grow the avocado exactly like we want. Second one is, it can be made available commercially within three years. Third one is a qualitative plant can be grown.
7. Time after 15 of November to January last (Mangsir to Poush) is appropriate to remove grafted plant.

(C) Third ways of seedling growth by Fiber distribution technology (Tissue culture technology)

Fiber distribution method is expensive of all. Even though the initial investment is huge, the seedling would be cheaper, due to which large number of seedling (baby plant) can be grown at once.

1. A bud from healthy plant should be extracted to prepare seedling by this method.
2. A well furnished modern lab is required with well trained professional who does the bud extraction.

3. The extracted buds are to be developed in plastic bag. So, the manure preparation should be performed as explained in point (A).

2. Methods of planting the seedlings.

The ways of planting the seedlings prepared by any techniques is same. It can be planted in any time of the year but the time from Jestha to Shrawan in highly recommended. The rainfall and adequate sunlight and heat during this period help in easy growth.

Following steps should be followed to plant the seedling:

- Dig the ground one month prior to the planting.
- The hole on the ground must have 3 feet diameter and 3 feet depth.
- The two lines of hole should be 8 meter apart, and hole of one plant to another should be 7 meter apart.
- The site should be in open area where adequate sunlight is received. The site should have proper water drainage system.
- A peak of decayed plant, 20 kg of compost manure and mud should be made in a hole, mixing those components. A stick or a wooden block should be placed on the peak.
- 165 grams Phosphorus, 370 grams Urea, and 335 grams potash should be used in each hole mixing it with mud and compost manure.
- After the preparation is complete, plant the seedling after one months. During planting, soak the plastic bag in water and cut it with the help of scissors. Add only 1 inch of mud to that present in plastic bag and press it properly.
- On the day of planting, supply adequate water to wet the whole plant even if it rains.
- The things to be considered after plantation: supply water in the interval of 15 days during dry season and in the interval of 21 days in remaining season. Protection of plant should be done to prevent the entering be done to prevent the entering of animals to plantation site.

3. Diseases of Avocado.

Several diseases and worms might attack avocado, here, the diseases in avocado are explained along with preventive measures.

Cankers:

Cankers are only minor diseases of an avocado tree, but they are highly visible. These sores on tree trunks and branches may sink slightly and ooze gum, giving the sore a rusty appearance. Cankers can often be cut out of limbs, but Cankers in trunks often kill affected trees.

Fruit rots:

Fruit rots caused by fungal pathogens, typically occur where sanitation is poor and tree stressors are high. These fungi may overwinter in plant debris on the ground around the tree, or in fruits that are left on the tree after harvesting avocados. Proper pruning and prompt removal of fruits will help stop disease.

Root rots:

Root rots generally appear in areas with poor drainage or in trees that are chronically over watered. If conditions can be improved, the tree may be able to be saved. Sometimes, digging around the tree and exposing the roots will allow the crown to dry enough to prevent tree death.

Sun blotch:

Sun blotch is a serious, incurable disease of avocado trees. Fruits are often discolored or scarred, twigs may develop red or yellow discoloration or rectangular cracks may develop in bark. Infected trees are also often stunted, but some trees show no symptoms at all, aside from a reduction in yield. Once contracted, sun blotch cannot be cured, but by purchasing certified disease free stock and practicing good tool sanitation, you can stop the spread of sun blotch.

Wilts and Blights:

Wilts and blights are characterized by dead areas in trees especially when only a part of the tree is affected. Wilts unsurprisingly causes sudden wilting and death in branches whereas blights may kill small branches or only affect the leaves themselves. Pruning the symptomatic tissues from trees and providing good support can help your avocado recover.

Avocado Tree Insects are discussed below:

Borers:

Borers tunnel into avocado trees, where they feed or lay eggs. Entrance holes are highly visible and may leak sap and borer weakened branches may break easily. Stressed trees are preferred by borers, keeping your tree healthy can prevent infestation. Cut out infected branches and dispose them to protect the trees.

Caterpillars:

Caterpillars attack foliage, flowers and fruits and can cause substantial damage in a short time. Sprays of *Bacillus thuringensis* are highly effective, provided that you can reach caterpillars, like leafrollers, who feed inside protective nests made of leaves, making a special point to spray inside these folded over or silk bound leaves will destroy the caterpillars inside.

Lace bugs:

Intermittent pests of avocado, lace bugs damage leaves when they are present in feeding sites, cause yellow spots that soon dry out and stressed leaves will drop, exposing fruit and wood to ultraviolet rays. When symptoms appear, sprays of horticultural oils or pyrethrin are recommended for avocado tree treatment.

Mites:

Mites cause similar damage as lace bugs, but leaves may also take on a bronze appearance and the pests will be difficult to see with the naked eye. Some mites spin fine webs as they feed, similar to those of spiders. Treat them with horticultural oil, insecticides which can cause population explosions.

Thrips:

Thrips rarely cause serious damage to trees, but will seriously scar fruits. Scabby or leathery brown scars appear as fruits enlarge sometimes stunting fruits. Careful pruning and fertilizing will help to prevent thrips, who are attracted to tender flushes of growth. They can be destroyed with horticultural oil or pyrethrin.

Some insects that might attack Avocado fruit are enlisted below:

- | | |
|------------------------|------------------------------|
| 1. Tortrix moths | 8. Hleliothrips haemerchoi |
| 2. Xyleborus | 9. Selenothrips rubrocinctus |
| 3. Fruit flies | 10. Heliothrips |
| 4. Aspidiotus | 11. Mediterran fruit fly |
| 5. Bactrocera dorsalis | 12. Scirtothrips |
| 6. Hypomecis | 13. Black scale |
| 7. Bactrocera | 14. Ceratitis |

4. Others

These are several other things to be considered during avocado farming. Some of the important points are as follows.

- Farming should be done above 100 meters to 2500 meters height from Sea level.
- Annually 66 to 1600 ml rainfall of production can be done.
- PH value of soil should be in the range of 4 to 7.
- Temperature range from 24 to 28°C is suitable for farming.
- Twigs of the plant should be cut after it is 8 feet height. It helps for dense growth.
- Branches should be cut short often the production of fruits.
- The branches those are broken down and infected by the insects should be removed.
- Avocado garden should be developed planting different species to help for effective pollination.
- This fruit can be used in different rituals and poojas.

2. Different ways of eating avocado.

We Nepalese have been demotivating ourselves due to the lack of agricultural market. But certain changes on our eating habits is also a serious issue. Changing the types of fruit consumption can help in market growth.

Here the ways of having avocado are discussed below.

1. Seasoned:

The simplest way to enjoy avocados is by sprinkling them with a pinch of salt and pepper. You can also try other seasonings like paprika, cayenne pepper, balsamic vinegar, or lemon juice. A quick way to season an avocado is to cut it into chunks and drizzle it with a little olive oil, balsamic vinegar, pepper, and salt.

2. Stuffed:

If you are looking for more nutritious morning meals, try incorporating avocados into your breakfast. One way to do this is to fill half an avocado with one egg and bake for 15–20 min at 425 F (220°C) until the egg white has fully set.

You can also top the avocado with crumbled, cooked bacon and season it with fresh herbs and spices like parsley, cayenne pepper, salt and regular pepper. Furthermore, you can replace the eggs with other ingredients, such as tuna, chicken, vegetables, and fruits.

A simple online search will give you plenty of stuffed avocado recipes to choose from.

3. In scrambled eggs:

If you want to give a regular morning dish a twist, incorporate some avocado into your scrambled eggs. Simply add diced avocado to your eggs while they are cooking in a pan. Make sure to do this when the eggs are halfway cooked to avoid burning the avocado and continue cooking them until the avocado is warm.

If you prefer cooler avocado, add it after the eggs are cooked and off the stove. Finish the dish by topping it with some shredded cheese and season it with salt and pepper to taste.

4. On toast:

It is possible to substitute regular spreads like butter and margarine with avocados. Using pureed avocado as a spread on toast and sandwiches also adds extra vitamins and minerals to your meal.

5. In guacamole:

Guacamole might be among the most famous Mexican dishes. You can make it using only avocados, herbs, and seasonings, or you can combine it with other great ingredients like corn, pineapple, broccoli and quinoa.

6. As a substitute for mayo:

Avocados can be an ideal substitute in dishes that use mayonnaise as a binder ingredient. For example, you can use avocado to make tuna, chicken, or egg salads.

7. In salads:

Research shows that the extra calories from fat and fiber in avocados may help to keep you fuller for longer, which may reduce calorie intake at subsequent meals

8. In soups:

Another excellent way to enjoy avocados is in soups. Avocados can be used as the main ingredient to make avocado soup, or you can add chunks of this green fruit to other soups. You can find many nutritious soup recipes that incorporate avocados online. These soups can often be enjoyed chilled or hot.

9. As a substitute for sour cream:

Avocados can be perfect for dishes that are usually made with sour cream. For instance, you can make baked potatoes topped with mashed avocados and shredded cheese.

Another option is to make a dairy free sour cream substitute by blending

- 2 avocados
- the juice of 2 limes
- tablespoons 30 ml of water
- 2 tablespoons 30 ml of olive or avocado oil
- a pinch of salt
- a pinch of pepper

10. In sushi rolls:

Sushi is a staple in Japanese cuisine. It is usually made using rice, seaweed, and fish or shellfish. However, avocados are widely used in sushi rolls as well. They have a creamy mouthfeel and can be used to fill or top sushi rolls.

11. Grilled:

Avocados can also be grilled, making them a great side dish, especially for barbecued meats. Simply cut an avocado in half and remove the seed.

Drizzle the halves with lemon juice and brush them with olive oil. Place the cut side down on the grill and cook for 2–3 minutes.

12. Pickled:

Avocado pickles are delicious and can be used in any dish in which you would typically use avocados, such as salads and sandwiches. To make them, place 1 cup 240 ml of white vinegar, 1 cup 240 ml of water, and 1 tablespoon of salt in a saucepan and bring the mixture to a boil.

Then, pour the mix into a jar and add three diced, unripe avocados. Finally, cover them with a lid and let them marinate for a couple of days before eating.

The pickling solution can be flavored with different ingredients like garlic, fresh herbs, mustard seeds, peppercorns, or chilies.

13. As fries:

Avocado fries can make a scrumptious side dish, appetizer, or substitute for regular potato fries. They can either be deep fried or, better yet, baked for a healthier version. You can enjoy your avocado fries with different dipping sauces, such as ketchup, mustard oil or ranch.

14. As a topping:

Avocados are a great addition to many recipes. For example, avocado slices are perfect to top sandwiches, Burgers, and even pizza.

They are also great for sprinkling on typical Mexican dishes like tacos and nachos.

15. In smoothies:

Smoothies can be a perfect meal or snack substitute.

You can combine avocado with green, leafy vegetables like kale and fruits like banana, pineapple, or berries. Plus, for a protein packed beverage, try adding protein powder, Greek yogurt, or milk.

For a quick smoothie, blend the following

- 1 ripe avocado, halved and pitted
- half banana
- 1 cup 240 ml of milk
- half cup 125 grams of vanilla Greek yogurt
- half cup 15 grams of spinach
- ice to taste

The options are endless when it comes to smoothies, and you can find countless recipes online or in specialized books.

16. As an ice cream:

Avocado ice cream can be a healthier and more nutritious option than regular ice cream. It can be made by combining avocado, lime juice, milk, cream and sugar.

For a lighter option, you can substitute milk and cream for almond or coconut milk and sugar for honey. Plus, avocado ice pops are a delicious and refreshing way to keep you cool on hot days.

17. In salad dressing:

Store bought creamy dressings can add a ton of sugar and unhealthy vegetable oils to your salad. Making your own dressing is always recommended to keep your salad nutritious and low in calories.

Salad dressing made with avocado not only has a smooth consistency, it is also delicious and full of nutrients. Just blend together the following ingredients and add more water as needed to adjust the consistency.

- half avocado
- half cup 120 ml of water
- 4 cup 12 grams of chopped cilantro
- the juice of 1 lime
- 1 clove of garlic
- 60 grams of Greek yogurt
- half teaspoon of salt
- 1/4 teaspoon of ground black pepper

18. In desserts:

Avocado can be used as a vegan substitute for shortening butter, eggs, and oils in baking. This substitution can reduce the calorie content of foods. For example, 2 tablespoons 30 grams of avocado only have 48 calories, compared with 200 calories for the same serving of butter.

Plus, swapping in avocado is easy, as 1 cup 230 grams of oil or butter equals 1 cup 230 grams of mashed avocado. Additionally, 1 egg equals 2–4 tablespoons 30–60 grams of mashed avocado.

Avocado is often used to make chocolate cakes, brownies, mousse, and pudding, as its green color will be hidden in the dark chocolate color.

19. In bread:

Avocado is a great ingredient to make bread. Switch it up by making your favorite banana bread recipe with avocado instead of bananas.

Alternatively, keep the banana, add cocoa powder, and replace butter or oil with avocado for a scrumptious chocolate avocado banana bread.

20. In hummus:

Hummus is a nutrient rich dish usually made with chickpeas, olive oil, and tahini. Chickpeas are an excellent source of protein and fiber, and tahini and olive oil provide monounsaturated and polyunsaturated fats.

Adding avocado to this mixture can increase the fiber and healthy fat contents of the dish. Furthermore, the avocado contributes to the creaminess of the hummus.

21. In pasta sauces

Avocados can be used to make a delicious and creamy avocado sauce for pasta dishes. Vegetables that go well with this sauce include tomatoes and corn.

Moreover, you can add a spin to your mac and cheese by incorporating avocado into the recipe.

22. In pancakes

Pancakes are high in carbs, but adding avocado can provide extra nutrients, vitamins and minerals. These pancakes also have an attractive green color and creamy, thick consistency.

Additionally, you can add fruit like blueberries to increase the nutrient content of the pancakes.

23. In drinks

Avocados can be used to make incredible cocktails like margaritas, daiquiris, or martinis. Even though they are all made differently, they have a similar creamy consistency.

Non-alcoholic versions of these drinks can be made by simply omitting the alcohol.

3. Advantages of eating an Avocado:

For the people eating for the first time, they might not find it tasty but some find it very tasty from the beginning. It is of great advantage to human body so we should have it, ignoring the taste. 23 advantages of eating an avocado are explained here. All these points are proven by experts.

1. Avocados are chock full of nutrition.

First of all, eating avocado provides body with an abundance of nutrition.

Eating just one avocado can give you:

- Protein 4 grams 8 percent DV
- Vitamin A 293 IU 6 percent DV
- Vitamin C 20.1 mg 33 percent DV
- Vitamin E 4.2 mg 21 percent DV
- Vitamin K 42.2 mcg 53 percent DV
- Vitamin 0.1 mg 9 percent DV
- Riboflavin 0.3 mg 15 percent DV
- Niacin 3.5 mg 17 percent DV
- Vitamin B6 0.5 mg 26 percent DV
- Folate 163 mcg 41 percent DV
- Pantothenic Acid 2.8 mg 28 percent DV
- Monounsaturated Fat 19.7 gram
- Omega 3 fatty acids 221 mg
- Magnesium 58.3 mg 15 percent DV
- Phosphorus 105 mg 10 percent DV
- Potassium 975 mg 28 percent DV
- Dietary fiber 13.5 grams 54 percent DV

That is just from eating a single avocado. A lot of people eat avocados in much smaller quantities, but there is no reason you cannot eat an entire avocado. Do it now and again and your body will thank you.

KEY POINT. Avocados contain ample vitamins, healthy fats, and other nutrients which your body needs.

2. Avocados are a particularly good source of potassium.

Are you getting enough potassium in your diet ? Perhaps not? Low potassium intake is a common issue even in first world countries. Indeed, the Institute of Medicine recommends that individuals get around 4,700 mg of

potassium daily. Despite this fact, the average potassium intake for Americans is closer to 2,640 mg per day.

That is obviously a substantial deficit. Potassium has many health benefits. One of the most important is that it lowers blood pressure, protecting cardiovascular health. So, it is important to make sure you are actually getting enough potassium in your diet.

When someone recommends to you that you increase your potassium, your first thought is probably to go and grab a banana, right. One medium sized banana 6 contains 422 mg of potassium, which is equivalent to 12 percent of your recommended daily value. That is a substantial dose of Potassium, but remember how much is contained in one avocado ? 975 mg, which equates to 28 percent of your recommended daily value. That means that one avocado gives you more than twice the amount of Potassium that you get from a single medium sized banana. Personally, I love learning this, because I have difficulties eating bananas.

Their texture is problematic to me, and triggers a gag reflex which is a shame, because they are tasty. So, if you are like me and for whatever reason cannot eat bananas or just dislike them, you will be happy to know that you can just load up on avocados to keep your blood pressure levels healthy.

KEY POINT. Protect your cardiovascular health by getting more potassium in your diet. While bananas are a good source, avocados are an even better one.

3. These tasty fruits are also a great source of vitamin K.

While reading the nutritional information for avocados, you might have noticed that a single avocado gives you more than half of your recommended daily value for vitamin K. Vitamin K does not get a lot of attention during most everyday nutritional discussions, but it does come up a great deal among pregnant and breast feeding women. The reason is that there is a potentially fatal bleeding disorder which can occur during the early part of infancy called vitamin K deficiency bleeding usually just abbreviated as VKDB.

VKDB occurs when concentrations of vitamin K are low in breast milk. As the name infers, infants with VKDB are unable to form blood clots properly, which means that external or internal bleeding may be uncontrollable. Blood loss or bleeding into certain organs like the brain can lead to death. Even at

best, breast milk does not actually contain large amounts of vitamin K, which is why the CDC recommends that all newborns receive a vitamin K shot.

Eventually, our intestines are able to produce vitamin K, but helpful bacteria are required for this. Newborns lack these bacteria, and also are unable to get vitamin K from the placenta, save in very tiny amounts. As a result, infants come into the world with almost no vitamin K. According to the CDC, you cannot rely on breast milk alone to give your baby sufficient vitamin K the shot is a necessity. But anything you can do as a mother to ensure that your breast milk is as nutritious as possible can help your baby to stay safe and healthy.

Eating more avocados and other foods rich in vitamin K can help you to provide your infant with a nutritious diet which prevents VKDB. Additionally, vitamin K has benefits for bone health 9, 10. It also remains vital for blood clotting throughout your life. So, whether you are pregnant or breastfeeding or not, getting more vitamin K in your diet is a good thing.

KEY POINT. Avocados are a great source of vitamin K, a nutrient which is very important for preventing VKDB in infants. Getting more vitamin K can also improve general blood clotting and bone health.

4. Eating more avocados is a wonderful way to load up on healthy fats.

If you grew up nervous about eating fat and a lot of us did, however unjustly. You may have avoided avocados because they are so high in fat. Around 77 percent of the total calories in avocados come in the form of fat. But in actuality, fat is not a bad thing, so long as you are eating healthy fats. and avocados have lots of healthy fats. The majority of avocado fat comes in the form of oleic acid incidentally is also found in olive oil. It is believed that its presence can help to reduce blood pressure.

It is believed that oleic acid may help to reduce the inflammatory effects sometimes observed with high fat diets. This is very important, as inflammation plays a key part in the development of many age related diseases. Further, researchers have found that oleic acid appears to help combat cancer. So, the fat in avocado is not something to fear. It can actually bring quite a few health benefits into your life.

KEY POINT. Even though fats have been given a bad name over the years, certain healthy fats can help regulate blood pressure, prevent cancer, and

more. Such is the case with oleic acid, the primary form of fat found in avocados.

5. Avocado oil is safe to cook with.

Oleic acid is a monounsaturated fatty acid. Monounsaturated fats can be contrasted with polyunsaturated fats. Whereas polyunsaturated fats have two or more bonds, monounsaturated fats have double bonds. The bonds in polyunsaturated fats are less stable than those in monounsaturated fats. For this reason, avocado oil is healthier and safer for cooking than oils which consist largely of polyunsaturated fats.

The bonds remain stable even at high heat, and are less likely to oxidize. The smoke point of avocado oil is quite high as a result 520°F 270°C. As to flavor, you already know that avocados have a pretty light taste. The same is true for avocado oil. The subtle nutty flavor does a great job complementing dishes without overpowering them.

This makes avocado oil an excellent choice for many of your recipes. Want to learn more about which oils are best for cooking ? Check out Healthiest Oils to Cook With.

KEY POINT. Because the fat in avocado oil is monounsaturated, it has more stable bonds than those founds in many other oils, making it a safe and healthy choice for cooking.

6. Because of their fat content, avocados can increase absorption of nutrients from other sources.

Another benefit of the fat in avocados concerns the uptake of nutrients. Many foods contain nutrients which are fat soluble. If a nutrient is fat soluble, that means that it must be consumed with fat in order for your body to absorb it and use it. Some of these nutrients include vitamins A, D, E and K. There are also antioxidants such as carotenoids which all under the fat soluble umbrella. The fat in avocado oil is perfect for increasing your intake of fat soluble nutrients such as these.

This Study found that avocado can boost absorption of certain antioxidants by up to 15 times. So, when you eat avocado, you are not only getting lots of great nutrition from the fruit itself, but you also are enhancing the nutritional value of the other foods you are eating during the same meal.

KEY POINT. Eat avocados with salads, salsas and other meals to increase your absorption of fat soluble vitamins and antioxidants.

7. Avocados are a great source of dietary fiber.

Avocados are also a wonderful way to get your daily fiber. As mentioned previously, one avocado contains 54% of your recommended daily amount. Fiber is important for a number of bodily functions. Technically, there are two types of fiber, soluble and insoluble. Soluble fiber can help the healthy bacteria in your digestive tract to flourish. Insoluble fiber also contributes to the proliferation of healthy gut bacteria.

Additionally, it assists our bodies with maintaining regular, healthy, predictable bowel movements and avoiding constipation. Fiber also can reduce spikes in blood sugar boost weight loss, and reduce the risk of various diseases. Avocado contain both insoluble fiber and soluble fiber in a 3.1 ratio that means your body gets both of these essential types of fiber when you enjoy these delicious fruits.

KEY POINT. Avocados are an ample source of fiber which provides you with a number of health benefits.

8. You can lower your cholesterol levels and your triglycerides with avocados.

If you are concerned about your heart health, one of the better foods you can eat is avocados. A number of studies have found that avocados can improve markers for cardiovascular health. The researchers conducting those studies found that avocado was able to reduce overall cholesterol levels as well as LDL cholesterol the latter by as much as 22 %. Meanwhile, avocados were able to increase HDL cholesterol by as much as 11 %.

Furthermore, eating avocados resulted in a reduction in triglycerides as much as 20 %. These were all small studies, so larger studies are needed to confirm these effects. Nonetheless, at this point, there is reason to be optimistic about avocados as a food for cardiovascular health.

KEY POINT. Studies suggest that you can improve your triglycerides and your cholesterol levels by eating avocados.

9. In general, eating avocados is associated with higher quality diets and reduced instances of metabolic syndrome.

This study found that people in the United States who ate avocados seemed to be healthier on the whole. The overall quality of their diets was found to be higher, and they had increased nutrient intake perhaps a result of the presence of the fat in the avocados, as discussed previously.

Additionally, they had a lower risk for developing metabolic syndrome. Body weight and waist circumference were found to be significantly lower on average as well.

Does this prove that avocados specifically caused all of these benefits? Not necessarily. It is possible that people who eat avocados are more likely to have healthier diets in general. Nonetheless, the strong association is well worth a closer look through additional research.

KEY POINT. There is an association between avocado intake and quite a few improvements in diet and overall health. This may indicate that avocados on their own or as part of an overall healthy diet can help decrease the risk of metabolic syndrome, reduce waist circumference, and more.

10. Avocado may be helpful when it comes to preventing cancer.

As of right now, there is no sure way to cure cancer, which has become an epidemic. So, anything you can do to help prevent cancer is important, and diet may play a role in that. Avocados have been shown in initial research studies to potentially help with fighting cancer in a couple of ways. First of all, it is possible that avocado may be able to inhibit the growth of cancer cells, as found in a study on prostate cancer cells.

It is believed that both the lutein and monounsaturated fat content of avocado may have played a role in its success at counteracting the cancer cells. Note that this was not a human study. The research was conducted on cancer cells in isolation. More research on human beings is needed to determine how effective avocado is at inhibiting the proliferation of cancer.

KEY POINT. Avocados contain both lutein and monounsaturated fats, which together may help to inhibit cancer growth.

11. Avocados may be able to curb the side effects of chemotherapy.

Chemotherapy is a common cancer treatment. While the drug used in the treatment is targeted toward cancerous cells, healthy cells also suffer. Indeed, many patients feel extremely fatigued following treatments sessions, and may feel very ill. It is common to have to take a couple of days out of work for every treatment.

Quite a few patients take an extended break from work altogether. Other possible side effects of chemotherapy include nerve damage, heart damage, infertility, and osteoporosis. Studies have shown that the phytochemicals found in avocados may be useful when it comes to reducing chemotherapy

side effects. Specifically, the researchers stated that, phytochemicals from the avocado fruit can be utilized for making active chemoprotective ingredient for lowering the side effect of chemotherapy.

That means that eating avocados on their own might not be enough to get this effect, the phytochemicals may need to be processed in a different form. Still, this is potentially an amazing benefit of avocado.

KEY POINT. Early research shows that the phytochemicals contained in avocados may be useful in reducing chemotherapies side effects.

12. Achieve your weight loss goals.

Having a hard time losing weight? There is a research which suggests that eating more avocados may help. In one study, it was found that eating half of a fresh Hass avocado during lunch increased satiety, reducing the desire to overeat. In another study, it was found that eating avocado while dieting resulted in significant improvements in body mass, body mass index, and body fat percentage though the control group that ate avocados had improvements in fatty acid blood serum levels. This improvement was not seen in the control group.

KEY POINT. If you are dieting, you may want to consider eating more avocados. It could increase your satiety and also improve your fatty acid blood serum levels, contributing to your weight loss efforts. It will have no negative effects on your body fat percentage, body mass index or body mass.

13. Potentially relieve the painful symptoms of arthritis.

There are extracts called avocado unsaponifiable which can be derived from avocado oil. Studies have shown that these extracts are effective in managing osteoarthritis. Note that at this point, it is unknown whether eating avocados can produce this effect, or whether the extract itself is needed.

KEY POINT. Research shows that avocado unsaponifiable can be used to treat arthritis.

14. Protect your liver from damage.

If you are looking for a food you can eat to protect your liver, avocados may be a great choice. The organic compounds found in avocados have a protective effect for your liver, and can even suppress injury. Note however that many of the studies which have been conducted on avocados and liver health have been on animals. More research on human subjects is warranted.

KEY POINT. The compounds in avocados have been found to provide protection to the liver.

15. Improve psychological health.

You already know that avocados are high in fatty acids. Fatty acids appear to be involved with regulating mood. Indeed, there is evidence which suggests that diets which are high in healthy fats like the monounsaturated fatty acids found in avocados may help to reduce depression risk conversely, those which are high in unhealthy trans fats can make the risk higher.

Another nutrient which avocado are high in is vitamin B6. There is some research which suggests that low levels of vitamin B6 may be linked with depression. Does that mean that more vitamin B6 can help stave off depression? The researchers in the linked study report that more research is required before we can say definitively whether this is the case. Nonetheless, it seems logical that vitamin B6 may be a helpful treatment for depression.

So, this is yet another way in which eating more avocados may be able to help level out and improve mood.

KEY POINT. The nutrients in avocados may make these fruits a delicious natural treatment for mood disorders such as depression.

16. Protect your brain against cognitive decline.

Dementia is swiftly becoming one of the worst epidemics around the globe. According to the Alzheimer Association, dementia currently kills 1 in 3 seniors. Between 2000 and 2014, there was also an 89 % increase in deaths from Alzheimer. So, this problem is on the rise. If you are in one of the younger generations, by the time you reach old age, your chances of dying from Alzheimer could be even higher.

There is no sure way to prevent dementia, and no cure if you get it. For this reason, you need to protect your cognitive health in any way you can. Can avocado help? Maybe they can. One of the same nutrients in avocados which may help regulate mood can also potentially provide a neuroprotective effect. This study looked at elderly subjects in Italy who were eating a Mediterranean diet which was high in monounsaturated fatty acids. It was found that this diet appeared to be protective against age related cognitive decline.

Further research is needed, but this is an exciting indication that adding more avocados to your diet could help to safeguard your brain function.

KEY POINT. The monounsaturated fatty acid content of avocados could be useful in protecting brain health. More research is warranted.

17. Avocado may assist with wound healing.

Another very interesting study on avocado concerns wound healing. Although this study was done on rats, it did show that the rate of wound healing increased with the use of avocado.

So, if you want to speed up a healing process, adding more avocados to your diet or using them topically could help out.

KEY POINT. Researchers have found that avocados can speed up wound healing.

18. Eating avocados can protect your eye health.

Two of the antioxidants found in avocados include lutein and zeaxanthin. These antioxidants both play a key role in protecting the health of the retina. Higher intake of these antioxidants is associated with a lower risk for macular degeneration as well as cataracts.

As both of these problems are common among the elderly, it pays off to do what you can to protect your eyesight throughout your lifetime. Eating more avocados may help you do that.

KEY POINT. Avocados contain antioxidants which are important for eye health, and which may help you prevent macular degeneration and cataracts.

19. Avocados have antimicrobial qualities.

In this study, researchers were able to isolate a new antibacterial agent from avocados. These antimicrobial qualities could have a number of benefits for your health. For one, the antibacterial compounds in avocado could counteract excess bacteria in your mouth as you eat, potentially reducing halitosis bad breath.

For another, direct topical application of avocado oil to the skin could potentially help to fight skin infections. This is somewhat speculative, and more research is needed in this area to confirm the exact benefits of avocado from an antibacterial standpoint.

KEY POINT. Researchers have discovered that avocado has antimicrobial properties. This could provide a number of potential health benefits.

20. Avocado oil can protect your skin from damage.

If you have been searching for a healthy, natural treatment for your skin, you have found one in the form of avocado oil. Remember those antioxidants I mentioned earlier called lutein and zeaxanthin. This study had some fascinating results to report on the effects of lutein and zeaxanthin on skin health.

For one, these antioxidants can help protect your skin from UV rays. This may reduce the appearance of discoloration and the leathery texture which often result from sun damage. It could also provide a protective effect against free radicals, potentially reducing the risk of developing UV induced cancers.

Treating topically or orally with avocados or avocado oil may thus help keep you safe from skin disease.

KEY POINT. Avocado oils anti-oxidants may help reduce the effects of UV rays on your skin, preventing discoloration and texture changes while reducing the risk of cancer.

21. Reduce the appearance of wrinkles and age lines.

The same study cited above also found that the antioxidants lutein and zeaxanthin have cosmetic benefits for skin. They can increase the lipids found in the surface of your skin, while also boosting hydration and elasticity. As we age, reduced collagen production causes our skin to lose elasticity.

This combined with dryness is exactly what tends to result in the appearance of wrinkles and age lines. Since avocado can directly counteract these effects through its antioxidant content, it can help to keep skin firm, smooth, fresh and youthful looking. Interestingly, the study found that either topical or oral administration of the antioxidants lutein and zeaxanthin can result in all of these skin benefits.

The researchers did note however that the most dramatic results were obtained if both protocols were followed. In short, you should be eating more avocados and applying avocado oil topically to your skin to obtain the full benefits.

KEY POINT. If you want to reduce the appearance of aging in your skin, applying avocado topically and or eating more avocado may deliver the antioxidants your skin needs to increase elasticity and moisture.

22. Avocado may be useful in hair care.

You now know that avocado has moisturizing properties. Those same properties which help to hydrate your skin can also hydrate your hair. As of right now, there does not seem to be a lot of research in this area, but there is plenty of anecdotal evidence suggesting that avocado makes a great hair care treatment.

For one thing, you will find avocado oil listed as an ingredient in plenty of hair care products and skincare products for that matter. For another, online you will find a lot of recipes for hair masks which use avocado. For example.

Ingredients.

- 1 avocado dispense with the skin and the seed.
- 2 tablespoons honey.
- 2 tablespoons olive oil.
- 2 or 3 drops of essential oil of your choice.

Directions

1. Begin by mashing up the avocado oil.
2. Pour in the olive oil, honey and essential oil the essential oil is optional you can skip it if you do not have any you want to use.
3. Mix everything together thoroughly.
4. Get your hair damp.
5. Rub the mixture into your scalp and hair. Cover as much as possible.
6. Cover your hair with a shower cap.
7. Consider applying heat.
8. Wait at least 15 minutes.
9. Rinse it out thoroughly.
10. Wash your hair as you usually do with shampoo and conditioner, and let it dry. Once it does, you should have shiny, hydrated locks.

This recipe should make enough for shoulder length hair. If your hair is longer, you may want to double it. If you search around, you will find plenty of variations on this idea. Experiment with different ingredients and find out what gives you the best results for smooth, shiny, hydrated hair.

KEY POINT. The hydrating properties of avocado oil, or you can make a hair care treatment. You can buy products which contain avocado oil, or you can make a hair mask using the whole fruit.

23. Treat type 2 diabetes.

Another impressive way that avocado can bolster your health is by improving your lipid profile and insulin levels.

Replacing complex digestible carbs with monounsaturated fatty acids can lead to improvements for patients who suffer from type 2 diabetes.

Avocados are a great source of those monounsaturated fatty acids. That means that eating avocados regularly can help to prevent and treat type 2 diabetes.

KEY POINT. If you have type 2 diabetes or you are concerned with getting it, eating more avocados may help improve your insulin levels.

4. Varieties of Avocado

More than 1 hundred variety of avocado care found around the world. It is produced by rapid pollination due to which many varieties are found different variety of avocado are discussed below:

1. *Ettinger*

The Ettinger is most often grown in Israel and has a bright green skin large seed and mild flavor.

2. *Sharwil*

The Sharwil is an Australian avocado with a rough, green peel and yellow flesh. It's very oily with a bold flavor and is susceptible to frost.

3. *Zutano*

The Zutano is covered in a lighter yellow green skin and has a mild taste that's unlike many other variety, more buttery varieties. It typically grows to around 0.5 to 1 pound 220 to 450 grams.

4. *Brogden*

The Brogden avocado is a dark purple hybrid of west Indian and Mexican varieties. Though it is very resistant to the cold, it is hard to peel and thus not a popular commercial variety.

5. *Fuerte*

The Fuerte is distinctly pear shaped and available for eight months of the year. Its name means Strong in Spanish and it has an oily texture similar to that of a hazelnut.

6. *Cleopatra*

The cleopatra is a small dwarf avocado that is relatively new to the consumer market.

7. *Bacon*

The Bacon has a lighter taste than other varieties. Its light brown skin is easy to peel.

8. *Monroe*

The Monroe is a large avocado that can weigh over 2 pounds 910 gram. It is a firmer variety and has less watery flesh.

9. *Choquette*

The choquette has smooth glossy skin with watery flesh that often leaks when the fruit is cut. This variety comes from South Florida.

10. *Lula*

The Lula peaks during the summer time, has fewer natural oils, and contains more water than many other varieties. It is resistant to cold but highly susceptible to fungi. The Lula grows to weigh around 1 pound 450 grams.

11. *Hass*

The Hass is the most popular variety. Its available all year round and has a buttery nutty flavor and spherical shape. Its skin turns from a bold green to a dark purplish black as it ripens.

12. *Reed*

The Reed is only available during the summer months. It has a lighter, more subtle flavor and is about the size of a softball. As the Reed ripens, its skin remains the same green color, unlike other types.

13. *Pinkerton*

The Pinkerton has an oblong shape, rough skin that is easy to peel, and small seed inside of a creamy flesh. This type grows to 0.5 to 1.5 pounds 225 to 680 grams.

14. *Gwen*

The Gwen is similar to the Hass avocado in taste and appearance. This is a larger Guatemalan variety with a thick, dark green skin that is easy to remove.

15. *Maluma*

The Maluma is a dark purple avocado that was discovered in the 1990s in south Africa. This variety grows slowly but the trees bear a lot of fruit.

16. *Lamb Hass*

Lamb Hass is a cross between the traditional Hass Avocado and a Gwen dwarf Avocado. Lamb Hass is a precocious, high yielding, late season avocado with good quality fruit.

17. *Russell*

Russell variety is 12 inch long. The tree is cold hardy but excessively tall and slender. Tonnage seed of Taylor planted in Florida in 1916 pear propagated commercially large, skin dark green, rough, thick, 8 to 15 percent oil, seed medium, fairly tight.

There are two groups of Avocado:

Some of them are A type of cultivars. Though there are many more, below are some of the better known A type cultivar Avocados:

- | | |
|--------------|--------------|
| 1. Choquette | 6. Gwen |
| 2. Lula | 7. Maluma |
| 3. Hass | 8. Russell |
| 4. Reed | 9. Lamb Hass |
| 5. Pinkerton | |

Some of the B type cultivar avocados include:

- | | |
|-------------|--------------|
| 1. Ettinger | 5. Fuerte |
| 2. Sharwil | 6. Cleopatra |
| 3. Zutano | 7. Bacon |
| 4. Brogden | 8. Monroe |

5. Vitamin and minerals are Available in Avocado

S.N.	Particulars	Quantity grams	Percent
1.	Energy	670 kj	160 kcal
2.	Carbohydrates	8.53 grams	
3.	Sugars	0.66 grams	
4.	Dietary fiber	6.7 grams	
5.	Fat	14.66 grams	
6.	Saturated	2.13 grams	
7.	Monounsaturated	1.82 grams	
8.	Poly unsaturated	1.82 grams	
9.	Protein	2.00 grams	

Vitamins

S.N.	Particulars	Quantity	Percent
1.	Vitamins A equivalent	7	1
2.	Beta keratin lutein zeaxanthin	62	1
3.	Thiamine B1	0.067 mg	6
4.	Riboflavin B2	0.130 mg	11
5.	Niacin B3	1.738 mg	12
6.	Pantothenic acid B5	1.389 mg	28
7.	Vitamin B6	0.257 mg	20
8.	Folate B9	0.257 mg	20
9.	Vitamin C	10 mg	12
10.	Vitamin E	2.07 mg	14
11.	Vitamin K	2.1 mg	20

Minerals

S.N.	Particulars	Quantity	Percent
1.	Calcium	12 mg	1 Dv
2.	Iron	0.55 mg	4
3.	Magnesium	29 mg	8
4.	Manganese	0.142 mg	7
5.	Phosphorus	52 mg	7
6.	Potassium	485 mg	10
7.	Sodium	7 mg	0
8.	Zinc	0.64 mg	7
9.	Water		73.23
10.	Beta sitosterol		76 grams

6. Avocado's Market and Market Management:

Avocado's market is never seen declining around the globe. It was limited only in Mid-America but now is in increasing availability around the globe. In Nepal, its demand is very high lately. Its demand in Pokhara is 7 lakh kg per annual whereas 15 lakhs in Kathmandu. Study shows the demand of 10 lakhs kg in other markets which sums up to the total demand of 32 lakhs kg. In recent time, the demand of seedling is high along with avocados fruit.

In today's scenario, only about 2 % of Nepalese know the perfect way of having avocado. If this rate can be increased geometrically then the consumption can be increased to millions of kgs inside Nepal. Local government should take the initiative of spreading awareness about the benefits of avocado. If done so, avocado's consumption can be increased rapidly. Even today's demand inside country is fulfilled by importing Avocado from countries like Uganda, Sri Lanka and Thailand. In order to flourish Nepalese Avocado to international level, effort should be made from private sectors too.

And numerous people have been working for this and the government help is required to boost their work.

Fresh fruit market is the largest consumer of avocado whereas the processing industries and different food recipes of avocado consumes in equal number. So, if local government provides training and make menu available about avocado's recipe which were mentioned earlier, its market growth can be noticed.

