



Congratulations on purchasing the Ekarian Avocado Growing Tool!

Thank you for reading this ebook! Here you will find out everything you need to know about avocados and how you can grow your own avocado plant with the Ekarian Avocado Growing Tool!

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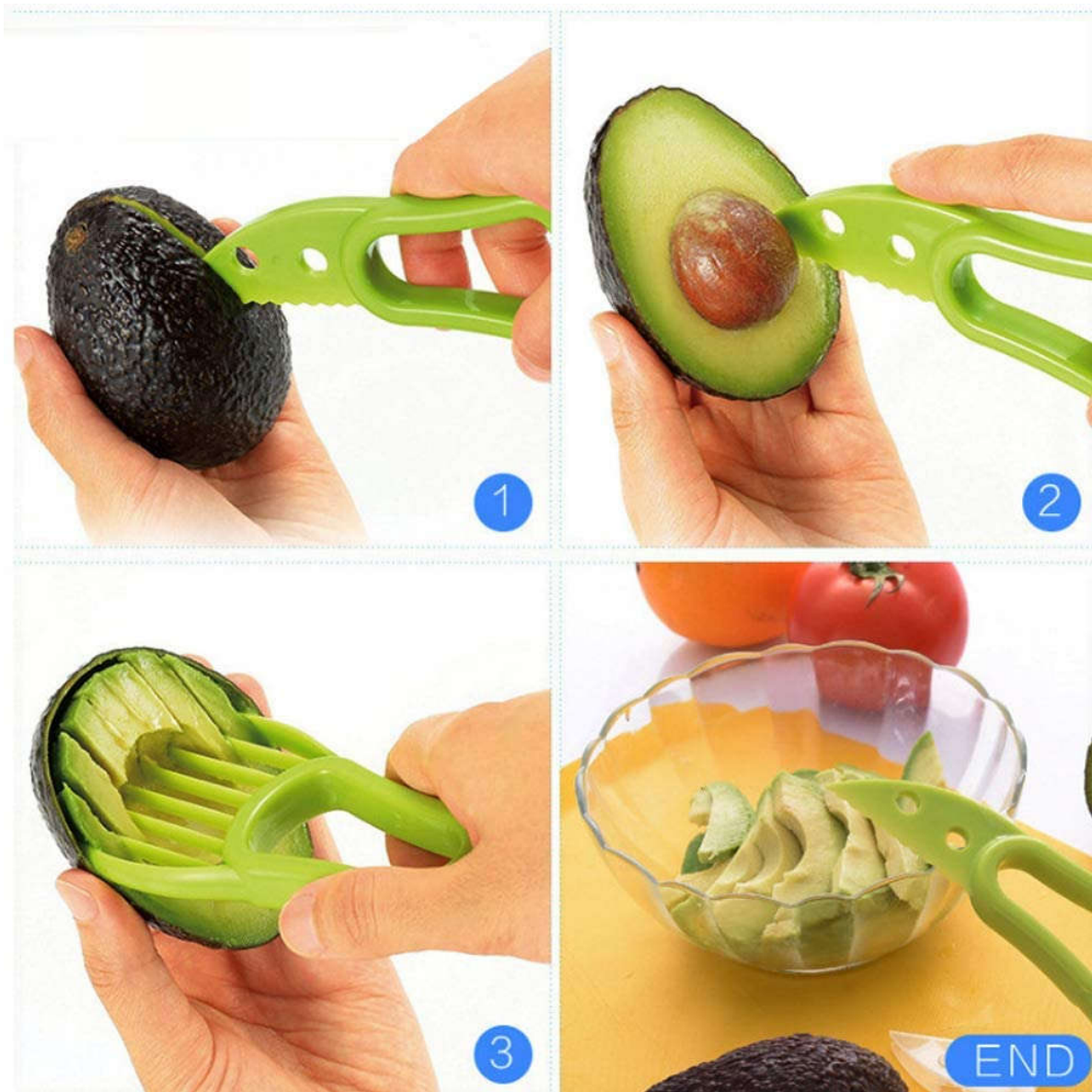
Ekarian Avocado Growing Tool

Scope of Delivery

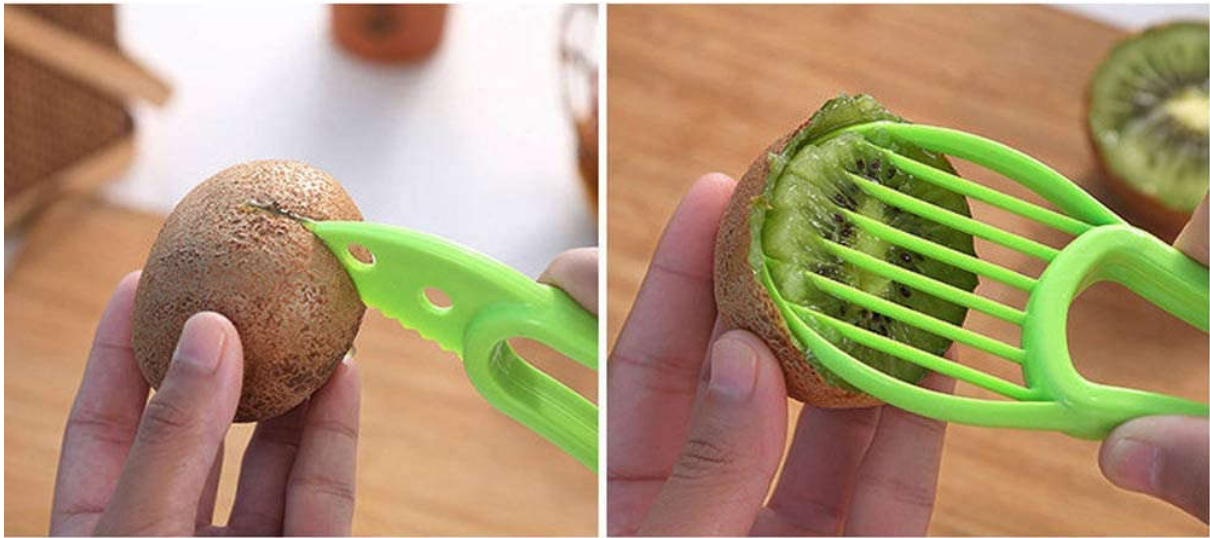
A handy **Avocado Slicer** and an **Avocado Growing Tool** (germinator) are included.



The serrated edge of the **Avocado Slicer** can be used to cut an avocado in half quickly and easily. Use the slicer's other side to slice the avocado into strips effortlessly.



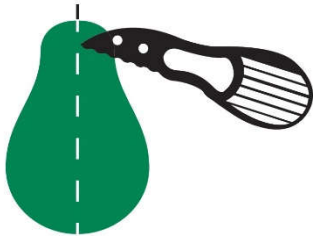
The Avocado Slicer is also suitable for splitting and slicing Kiwis.





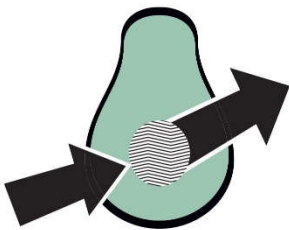
The **Avocado Growing Tool** is used to germinate an avocado pit. The scope of delivery does not include an avocado pit, so please use the pit of a ripe avocado bought from the supermarket.

Quick Start Guide



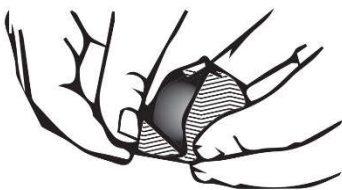
1

**Split an avocado
with the Slicer**



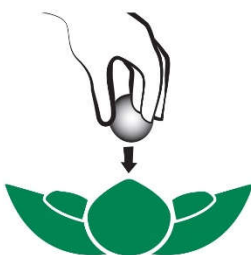
2

**Remove the pit
carefully**



3

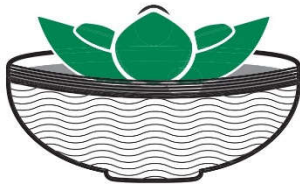
**Gently peel off the
brown skin of the
pit**



4

**Place the avocado pit
with the flat part down
into the Growing Tool**

5



Place the Tool into a bowl of water

6



After 1-3 months the pit germinates, change water every 2 weeks

Application of the Avocado Growing Tool

Preparation of the pit / seed

The right seed is the basis for successfully growing an avocado plant. A damaged pit or a one that's too old can lead to mold growth. Please note: The scope of delivery does not include an avocado pit.

You cannot buy avocado seeds like seeds for other plants, so it is advisable to simply buy an avocado from the supermarket and carefully remove the pit.

But how to pick a good avocado from the supermarket? The pit of a ripe avocado has the best chances of germination. You recognize a ripe fruit by a dark green to brown color. If the color is dark brown or black, the avocado is overripe and should no longer be eaten, the core could go moldy, so successful cultivation with such a pit is not guaranteed.



Germination of the Pit

Now that you have successfully chosen the right pit, all you need to do now is to make it germinate.

Here you find **in-depth instructions**.



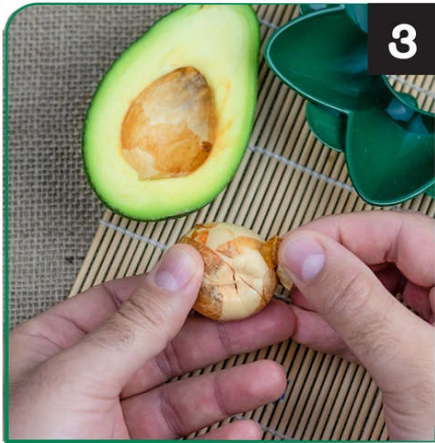
Split the fruit in the middle, do not exert too much pressure so that the pit remains undamaged. A damaged pit can quickly develop mold, making a successful germination impossible.

It is best to cut across the whole fruit and then turn the two avocado halves in opposite directions to loosen them.



Carefully remove the pit and inspect it for mold or any damage, as this allows germs to enter the seed, which would make the seed putrefy. A core with mold is not suitable for growing, a damaged core makes it difficult to successfully grow an avocado plant.

Use a spoon or your fingers to gently loosen the pit to avoid damaging it.



3

Peel off the brown skin carefully either with a knife or your fingers.

Be careful not to damage the pit, because an undamaged pit is an important factor successfully growing an avocado tree.

The seed germinates much better if the brown skin has been removed beforehand, and it also prevents mold formation.



4

Place the avocado pit with the flat part down into the Growing Tool.



5

Place the Growing Tool into a bowl filled with water,

The lower part (1/3) of the pit should be under water permanently, while the 2/3 of the pit rest in the Growing Tool.

Choose a sufficiently large water bowl so that the Growing Tool can float in it. Change the water every 1-2 weeks.

Avoid direct sunlight!



6

After 1-2 months the avocado seed germinates, depending on the breed. Once the pit splits, it will start to germinate. At the bottom roots grow out and at the top the plant is starting to grow. When the shoot reaches a height of 10-15 cm, you can put the plant in a pot with soil (more on that in later chapters).

Planting



After 1-3 months, the avocado seed has germinated and has already formed roots. Shortly afterwards, a shoot should form, the trunk of the later plant. If this is approx. 10 cm high, you should put the plant in a pot.

What you need:

- the germinated avocado pit with shoot
- a pot of sufficient size (Ø 15 – 20 cm)
- potting soil
- some sand
- a planter
- a spray bottle

We recommend a flower pot with one or more holes on the bottom and a planter.

The holes on the bottom are necessary so that the roots get enough oxygen and irrigation water can drain away. This is how you will prevent your avocado plant from rotting.

Mix the plant soil (palm soil is also possible) in a ratio of 1:1 with loose sand.

Be careful not to damage the roots. To do this, hold the pit inside the pot and gradually pour the soil-sand mixture into the pot until the pit protrudes slightly from the soil.

Lightly press the surrounding soil into place and pour lukewarm (at best slightly stale water).

Care of the Avocado Tree

Water the avocado plant **every 2 days**, but only enough so that the soil is always slightly damp and not wet. Now the plant can be moved to a warm and bright place, e.g. the windowsill, move. You shouldn't expose the small plant to the blazing sun or drafts for the time being.

Make sure the humidity is good - your avocado will grow especially well if you spray it regularly with the spray bottle. In summer, the plant can also be in a sheltered place outdoors. Change to a larger pot every 2 years, along with changing the soil.

Avocado in Summer und Winter

You can also put older avocados (from 2-3 years) in the garden or on the balcony. Make sure that the place is sunny and sheltered from the wind. As soon as night frosts are no longer to be expected, the plant can also stand outside overnight in summer.

Since the plant is native in the tropical climate, it is best to grow it in a warm apartment or in a heated greenhouse. In winter, the avocado needs a little less water, you can even let the soil dry out a little.

Ensure a constant warm temperature of approx. 19 - 25 ° C all year round.

Growing the Avocado Tree



An avocado plant, 3 months after planting



An avocado plant, 6 months after planting

Cutting of the Plant

Avocado trees can grow to a height of 20 to 40 m. To get a bushy tree and the plant not to grow too quickly, you should prune your plant regularly.



- Prune the young avocado tree only 3 months after germination at a minimum height of 30 cm
- the shoot should have developed at least 4 leaves before pruning the plant
- the best time to cut is in spring, at best when you repot the plant
- use sharp nail scissors or rose scissors to cut the top of the plant, including the upper leaves
- as soon as new shoots have formed, cut off the tip again
- by cutting off the tip and the upper leaves, the tree sprouts to the side and branches out, creating a bushy avocado tree
- use the spray bottle after cutting
- if your avocado plant has grown a bit, place it in the sun; the UV radiation prevents it from growing in height a little



The Avocado

The Avocado's Origin & History

The avocado (lat. *Persea Americana*) originally comes from the south of Mexico and spread all over Central America. The fruit was probably harvested there 10,000 years ago. The Spanish conquistadors spread the avocado in other countries in South America such as Chile.

Fruit of Vegetable

From a botanical point of view, the avocado is a berry and therefore a fruit. The avocado tree belongs to the laurel family, therefore the fruits are assigned to the berries.

Superfood

The avocado is commonly considered a superfood. It has a creamy consistency and a full and mild taste. Hardly any other fruit is as healthy as the avocado, because it is rich in nutrients. Healthy unsaturated fatty acids, vitamins and minerals such as B vitamins, vitamins A, C, E and K, potassium, calcium, magnesium and copper, as well as fiber and antioxidants. 100 g avocado cover 27% of the daily requirement for folic acid and 30% of the daily requirement for potassium.



Nevertheless, you shouldn't eat too many avocados a day: 100 g avocado results in 160 calories (kcal), making the avocado the fruit with the highest calorie content. But since this comes from organic fruits, the calories are not as worrying as with fast food.

The healthy, butter-like cream can be integrated into many recipes. Classically it is often used for cream or dips, such as Guacamole. The avocado is also delicious on bread or toast, or as part of a colorful salad.

Fruits

In tropical regions where the avocado is native, it takes 4 years for the plant to bear fruit.

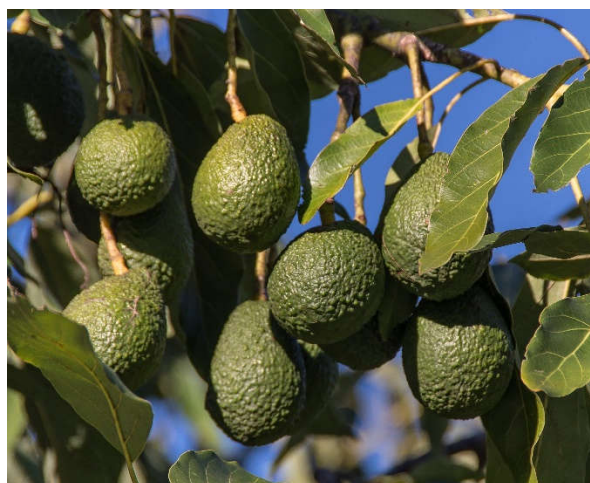
In colder climates, such as in large parts of Central Europe, the summer is too short and too cool. The avocado plant is therefore not guaranteed to bloom, and it sometimes takes up to 10 years for an avocado to bloom in local areas. The avocado is a hybrid plant, i.e. it bears male and female flowers. However, it cannot pollinate itself, so you need a second avocado plant of the same species that blooms at the same time to pollinate the flowers. Here you have to help a little with a brush, but unfortunately the flowering time of the male and female flowers is usually different, which makes the pollination process difficult.

Even if your own avocado plant will most likely not produce any fruit for the time being, you have grown your own decorative green plant.



Other Uses for the Avocado

- Hair treatment: moisturizes and rejuvenates dry, damaged hair
- Avocado spread: Mashed avocado pulp is a heart-healthy alternative to butter, cream cheese or mayonnaise
- Baby food: Avocado has 60 % more potassium per serving than bananas
- Face mask: Avocado is great for skin health thanks to its vitamin C and E content
- Avocado desserts: delicious and healthy desserts can be made with avocado



Helpful tips about the Avocado

- Beware of dogs and cats: Avocados contain the substance persin, which is very toxic for these animals - this substance is particularly strong in the kernel and skin of avocados; the plant itself is also poisonous to cats
- When is an avocado ripe? To do this, pull on the small knob at the top; if this comes out easily, the avocado is ripe, you can also tell from the juicy green pulp
- With the “Hass” breed, the avocado is ripe if it gives way slightly when pressed; the fruit must be consumed within 2 days
- You can let unripe avocados “ripen quickly”: put them in a paper bag with apples or bananas for a day; if the avocados need to “ripen” immediately, place them in the heated oven at 90 ° C
- carefully lift out the pit with a tablespoon so as not to damage it
- How do I preserve a sliced avocado? - Simply put in a sealable container together with a few pieces of onion, so the avocado will stay good for another 3 days (it is then suitable for savoury dishes due to the light onion aroma)



Recipes with Avocado

Avocado Cheesecake vegan



This cake is neither baked nor is it a cheesecake per se, the consistency is just similar to that of a cheesecake. A delicious dessert for special occasions.

The cake is healthy and very tasty.

Ingredients for the cake base:	Ingredients for the filling:
100 g Pecans 150 g Dates 35 g Coconut oil 30 g Cocoa powder 25 g Desiccated coconut	560 g Avocado pulp (5-6 Avocados) 125 ml Lime juice (or lemon juice) 90 g Coconut oil 125 ml Agave syrup

Ingredients for 2-4 people

1. Line a springform pan with baking paper on the bottom and sides, heat the coconut oil slightly so that it becomes liquid and then let it cool down.
2. Base: Crush dates, pecans, desiccated coconut and cocoa powder with the food processor or other means into small crumbs, mix everything and place in the springform pan, then press evenly, then put the springform in the refrigerator.
3. Filling: puree everything together, spread on the base and smooth out.
4. Leave the cake in the refrigerator for 4 hours and then serve. Can be stored in the refrigerator for 1-2 days.

Guacamole



A delicious and healthy avocado dip that is particularly popular in Mexico and not only goes well with nachos, tacos and tortilla chips, but also looks great on the summer buffet.

Ingredients:

4 Avocados
4 Tomatoes
2 Garlic cloves
1 Lemon (juice of it)
Salt and pepper

Ingredients for 2 people

1. Cut the avocado with the slicer and peel it, then mash the pulp with a fork.
2. Put the tomatoes in a heat-resistant bowl (e.g. glass) and pour hot water over them. After 3-5 minutes, peel off the skin and cut into very small cubes and mix with the avocado pulp along with the lemon juice.
3. Chop the garlic cloves with a press or knife and add them. Season with salt and pepper, if you like it a little hotter, you can also add some chilli.

Avocado-Spaghetti



A savoury and healthy dish: spaghetti in avocado pesto. The recipe is quick and easy to prepare and tastes great as a main course.

Ingredients for the Pesto: 1 Avocado 2 Garlic cloves 2 Tbsp olive oil Basil as desired	Also: 300 g Spaghetti (spelled spaghetti recommended) 10 Cherry tomatoes (or cocktail tomatoes) 50 g Parmesan Salt and Pepper
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Ingredients for 3 people

1. For the pesto: Cut the avocado with the slicer and peel it, puree it with the garlic, olive oil and basil.
2. Boil the spaghetti in salted water and cut the small tomatoes in half.
3. Mix the avocado pesto, spaghetti, tomatoes, salt & pepper in a pan and heat on medium heat for 4-5 minutes.
4. To serve, sprinkle the avocado spaghetti with parmesan and garnish with a little basil.