

Naturalmente sano y sabroso



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¿About us?

We are the culmination of a dream cherished for several years, by a diversity of small Hass Avocado Producers, nature lovers and our cultural and gastronomic traditions of 8 Municipalities of the State of Michoacán, Mexico, in order to bring a wonderful product, directly: from the field, towards the final Consumers, avoiding intermediation and its consequences.

Origins and Meaning Of the name

The name derives from the Aztec Ahuacatl or Ahuacátl, which means "testicle", probably due to its shape, and hence its fame as an aphrodisiac. Mexico is the center of origin of avocado (American Persian), the oldest evidence dates back to 10,000 years B.C., in a cave in the Municipality of Coxcatlán, Puebla, approximately 4 hours from Mexico City.



Nutritional properties

Periodically, studies on the nutritional properties of avocado are made known, which have led it to be considered as one of the three healthiest foods in the world, reaching the case, that in Hospitals of Israel, avocado is the basis patients' nutrition, that, not to mention its benefits in the taste on the palate. Its content includes a wide variety of nutrients, including 20 vitamins and minerals. A 100 gram serving of avocado contains:

Vitamin K: 25% of the daily requirement (RDA).

Folic acid: 20% of the RDA.

Vitamin C: 17% of the RDA.

Potassium: 14% of the RDA.

Vitamin B5: 14% of the RDA.

Vitamin B6: 13% of the RDA.

Vitamin E: 10% of the RDA.

In addition, it contains small amounts of magnesium, manganese, calcium, copper, iron, zinc, phosphorus, vitamin A, B1 (thiamine), B2 (riboflavin) and B3 (niacin).

Mission

Efficiently produce and market avocados, their derivatives and other products and services offered by the consortium to the world, under the highest international quality standards in a healthy, nutritious, delicious and sustainable way.

Visión

Being the largest integrator and leader of avocado producers in Michoacán access new markets directly, organized, efficient, profitable and reliable.

