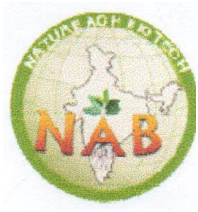


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MEXICAN AVACADO



GSTIN: 37AAQFN9290B1ZU

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Avocados are berries because they have a seed and soft flesh. The avocado is thought to originate from Mexico, Yet Avocados are now grown all over the world where the climate is right (mainly in the tropics and Mediterranean countries); but the most delicious avocados still come from Mexico, where they soak in energy from the sun and absorb nutrients from the rich Mexican soil.

Because it is a source of good fats, with its creamy texture, and mild flavor, avocados are a very flexible ingredient that can be used in many different types of dishes. Fresh avocado doesn't only taste great, it's also a nutritional powerhouse.

About National AGH Biotech

- ✓ National AGH Biotech is one of the top most companies producing Hi Quality Tissue Culture Super Clones and agriculture products for over 30 years in compliance with National and Internationally recognized standards.
- ✓ We are the largest processors of Mexican Avacado clones in the India and premier supplier to the global farmers.
- ✓ We are entrusted with the triple functions of producing trained personnel, carrying out research and extension activities in agriculture and plantation sector.
- ✓ We are having well-established plant tissue culture laboratory with hardening facilities and producing wide variety of Horticulture, Medicine plants.
- ✓ We regularly supply to various Government departments, Organizations and farmers in the areas of Arunachal Pradesh, Meghalaya, Maharashtra,

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Goa, West Bengal, Karnataka, Andhra Pradesh, Telangana and Kerala since 1993 besides exporting to Australia, Malaysia etc.

- ✓ We ensure desired quality in all the clones, uniquely qualified to meet these needs of our customers in the different ways that create ongoing good relationship. We can't accomplish them alone. Customer's relationship is an investment in the long-term success of our company.
- ✓ We are nature lovers and doing business to protect nature and making the environment green. Our wish is to make greenery as much as possible.

Nutritional Value: Avocados are called a superfood for good reason: they're like the comic book heroes of fruits! Avocados contribute unsaturated "good" fats, and good fats can help the body absorb fat-soluble nutrients Vitamins A, D, K, and E. Healthy avocados contain 6g of naturally good fat per serving - one-third of a medium avocado. Good fats help the body absorb fat-soluble nutrients without raising LDL ("bad") cholesterol levels when eaten as part of a healthy diet.

The average avocado weighs 150 grams (g) and contains 240 calories, or 80 calories per 50g serving. If you're watching your weight and thinking about striking avocado out of your diet - don't! The extra calories in an avocado are well worth the nutritional benefits.

Avocado Nutritional Facts	Medium Avocado (50g)	%DV
Calories	80	
Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	5g	
Cholesterol	0mg	0%

Vitamins and Minerals in Avocados

- **Vitamin C** boosts your immune system, acts as an antioxidant to repair cells in the body (4% of the daily value of vitamin C is contained in one serving of avocado)

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- **Vitamin B5** - Pantothenic acid - helps the body to convert food into energy (a serving of avocado provides 14% of your daily recommended intake)
- **Vitamin B9** - Folate - important for producing new cells and supporting the nervous system. It's particularly valuable in pregnancy to ensure the health of the growing fetus. Avocados are a good source of folate per 50g serving, one-third of a medium avocado.
- **Vitamin E** an antioxidant that protects the body tissue from damage and helps keep the immune system strong against viruses and bacteria (6% of the daily value is provided by one 50g serving of an avocado)
- **Vitamin K** needed to help blood clotting and healthy bones and has other functions in the body (a 50g serving of avocado provides 10% of your daily value)
- **Potassium** helps to reduce the harmful effects of sodium on blood pressure and replaces essential electrolytes lost through sweat (254 mg or 6% daily value of potassium is included in a 50g serving of avocado)
- **Copper** a trace element that's essential in the body for keeping the blood vessels, nerves, immune system, and bones healthy (a 50g serving of avocado provides 10% of the daily value of copper)
- **Carotenoids, lutein & zeaxanthin** plant pigments found in the macula of the eye, and some research suggests that they may maintain eye health as you grow older. (avocados have 136mcg per 50g serving)



A one-third serving of a medium avocado (50g) contains 3g of fiber, or 11% of the recommended daily consumption of fiber. Fiber is essential in the diet to ensure good digestive health and help keep one feeling fuller longer. Dietary fiber from fruit, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Healthy avocados are a good source of fiber (11% of the DV) and are a great way to add variety to the diet.

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Cultivation:

The characteristics of the major avocado races are:

a) Mexican race: Small (250 g) fruit type, ripening 6 to 8 months after flowering. Fruits have thin smooth skin with a large seed fitting loosely in the central cavity. Oil content is up to 30 per cent in the fruits. Trees of this race are cold hardy.

b) Guatemalan race: Fruits large, weighing up to 600 g and borne on long stalks. The fruits ripen 9-12 months after flowering. Fruit skin is thick and often warty. Seeds, held tightly in the hollow of the fruit, are small. The oil content in fruits ranges between 8 and 15 per cent.



c) West Indian race: Fruit medium in size and the fruit skin smooth, leathery, and glossy. Fruits are borne on long stalks and require up to 9 months for ripening from the date of flowering. Its seeds are large, fitting loosely in the cavity. The oil content of the fruit is low (3-10 per cent). This race is suitable for warm tropical climates.

National Ag Biotech clones are disease resistant and 100 percent productive. We provide clones grown in nurseries as per the requirement. We provide

seed cultured or grafted avocado plants which are produced from selective clones.

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ESTABLISHMENT OF ORCHARDS

If an avocado plantation is to be established in a relatively new area, the varieties to be selected for planting should belong to both A and B groups and their flowering must overlap. The proportion of A and B group varieties can be 1:1 or 2:1.

Avocado is planted out to 6 to 12 metres depending on the vigour of variety and its growth habit.



CARE AND MANAGEMENT OF ORCHARDS

Pruning is rarely practised except with upright varieties such as Pollock. In spreading varieties like Fuerte, branches are thinned and shortened. Heavy pruning has been found to promote excessive vegetative growth, consequently reducing the yield.

Sprinkler irrigation has been reported to improve the fruit size and oil percentage; also, it advances harvesting time. Irrigation at intervals of three to four weeks during the dry months is beneficial to avocado. To avoid moisture stress during winter season, mulching with dry grass/dry leaves is desirable. Flooding is undesirable as it promotes root rot incidence.

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Avocados need heavy manuring, and application of nitrogen has been found to be most essential. In general, young avocado trees should receive N, P₂O₅ and K₂O in a proportion of 1:1:1 and older trees in the proportion of 2:1:2. At a pH of above 7, iron deficiency symptoms may appear, which may be corrected by applying iron chelate at the rate of 35 g/tree.

FRUIT HARVESTING AND YIELDS



Avocado plants raised from seeds start bearing five to six years after planting. Mature fruits of purple varieties change their colour from purple to maroon, whereas fruits of green varieties become greenish-yellow. Fruits are

ready for harvest when the colour of seed coat within the fruit changes from yellowish white to dark brown. Mature fruits ripen six to ten days after harvesting. The fruits remain hard if they stay on the trees, softening only after harvest.

The yield ranges from about 100 to 500 fruits per tree. On average 300-400 fruits can be harvested from 10-15 years old trees.

Thanking you

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