## Avocado harvesting (The pickers guide)

Avocado is globally demande. However during harvesting ensure proper harvesting practices to avoid damaging the fruits to reduce post harvest losses.

Additionally, during harvesting do not drop avocado from height of 30cm and above and avocado pickers should always ask and gently handle the avocado during harvesting as well as removing fallen avocados.

## Harvesting practices

Always wear light protective clothes during picking and carefully follow harvesting instructions from the farm guide.

Additionally harvest by either completely removing the fruit from the stem or cutting the fruit with it stem not longer than 5 millimetres.

Furthermore, carefully place the fruit in harvesting crates but do not overfill the crates to avoid fruits from being bruised and to ease the folk lifter to easily lift the crates.

Also immediately cover the filled crates to avoid fruit damage caused by direct sunshine and protection against rains.

Always avoid harvesting during rain to avoid fruit skin damage hence earning more market value and income.

Ensure to inspect the harvesting machine everyday and remove fruits from crates 30 minutes after harvesting.

Lastly protect fruits from sunshine to prevent fruits from getting over heated by the sun and drive carefully and slowly when transporting fruits to the store to avoid fruit damages.