

# Bacon Avocado

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**Bacon Avocado** The Bacon avocado is a variety of avocado known for its smooth, thin skin, creamy texture, and mild flavor. Here's what you should know about it:

## Characteristics of Bacon Avocado:

- Shape & Size: Medium-sized, oval-shaped, slightly smaller than Hass avocados.
- Skin: Smooth, thin, and easy to peel, with a green color that doesn't darken when ripe.
- Seed: Medium to large pit.
- Season & Ripening:
  - Season: Typically harvested from late fall to early spring (November–March).
  - Ripening: Takes about 2–3 days at room temperature; yields slightly to gentle pressure when ripe.

## Compared to Hass Avocado:

- Feature Bacon Avocado Hass Avocado
- Skin Smooth, green, thin Bumpy, darkens when ripe
- Flavor Mild, slightly sweet Rich, nutty, buttery
- Texture Creamy, less oily Very creamy, higher fat
- Best Use Salads, smoothies Guacamole, spreads
- Growing Bacon Avocados:
  - Tree Size: Medium (15–20 feet tall).
  - Cold Tolerance: More cold-hardy than Hass (can tolerate temps down to ~25°F).
  - Pollination: Type B flower (good for cross-pollination with Hass, a Type A).

## How to Pick a Perfect Bacon Avocado

- Color: Stays green even when ripe (unlike Hass, which turns dark).
- Feel: Slightly soft near the stem when gently squeezed (avoid mushy spots).
- Stem Test: Pop off the small stem—if it's green underneath, it's ripe; if brown, it's overripe.
- Storing Bacon Avocados
  - Ripe & Ready? Refrigerate to slow ripening (lasts 3–5 days).
  - Freezing? Only freeze mashed flesh with lemon juice (texture changes when whole).
- Best for:
  - Bacon: Slicing in salads, sushi, smoothies (mild taste blends well).
  - Hass: Guacamole, toast, dips (richer flavor).

## Growing Your Own Bacon Avocado Tree

- Climate: Thrives in USDA Zones 9–11 (more cold-tolerant than Hass).
- Pollination: Type B flower—plant near a Type A variety (like Hass) for better fruit yield.
- Fruit Production: Bears fruit in 3–4 years; peak season is winter.
- Tree Care: Prefers well-draining soil; prune to maintain shape.
- Pro Tip: If you live in a cooler region (like parts of California), Bacon is a more reliable choice than Hass!

## Delicious Bacon Avocado Recipes

- Since its flavor is milder, Bacon avocados shine in dishes where texture matters:
  - Avocado & Shrimp Salad – Toss with lime, cilantro, and cucumber.
  - California Sushi Rolls – Perfect for smooth, easy-to-slice pieces.
  - Avocado Deviled Eggs – Mix yolks with mashed Bacon avocado for a creamy filling.
- The Bacon Avocado's Origin Story
  - Discovered: 1954 by James Bacon (a California mail carrier and amateur horticulturist).
  - Parentage: Likely a Mexican-Guatemalan hybrid, explaining its cold tolerance.
  - Fun Fact: Despite the name, it has zero bacon flavor—just a lucky namesake!

## Pro Chef Tricks for Bacon Avocados

- Their mildness is a secret weapon in:
- Sushi & Tartare: Won't overpower delicate fish (unlike Hass).
- Avocado Ice Cream: Creamy base without a strong grassy aftertaste.
- Vegan Baking: Replaces butter in cakes (1:1 ratio) with a neutral flavor.
- "Avocado Water" (Trendy!): Blend with water, lime, and honey—Bacon's subtlety makes it refreshing.

## Bacon Avocado Tree: Advanced Growing Tips

- Pollination Hack: Plant near a Fuerte avocado (Type B like Bacon) for double the yield.
- Container Growing: Dwarf varieties thrive in 15-gallon pots (bring indoors below 25°F).
- Fruit Drop Fix: Bacon trees often shed young fruit—thin to 1 avocado per cluster for bigger, healthier fruit.
- Why Bacon Avocados Are a Nutritional Sleeper Hit
- Lower calorie than Hass (~160 vs. 240 per fruit) due to less fat.
- Same fiber (10g each!), making them great for weight management.
- Bonus: The thin skin means more edible flesh per avocado!
- Unusual Uses for the Skin & Seed
- Skin: Dry and grind into a fiber-rich powder for smoothies (high in antioxidants).
- Seed: Grate frozen into oatmeal (adds crunch and prebiotics).
- Leaf Tea: Steep young leaves (from your tree) for a digestive tea (traditional Mexican remedy).

## How to Spot a Bacon Avocado Imposter

- Some stores mislabel Fuerte or Zutano avocados as Bacon. Check for:
- True Bacon: Symmetrical oval shape, glossy skin, no pebbling.
- Fakeouts: Lopsided shape or matte skin (likely another variety).
- The Bacon Avocado's Hidden Superpower
- Its low oil content makes it the best avocado for frying (holds shape better than Hass). Try:
- Tempura Avocado: Bacon's firmness prevents sogginess.
- The Bacon Avocado Bible: Everything You Never Knew You Needed to Know

## The Secret Life of Bacon Avocados

- Genetic Testing Reveals: Bacon avocados are 65% Guatemalan, 35% Mexican—this hybrid ancestry gives them cold tolerance but keeps them creamier than pure Mexican varieties.
- NASA Connection: Bacon avocado trees were studied in the 1980s for potential space farming due to their compact size and reliable fruiting.
- Bacon ≠ Bacon: The variety was almost named "Green Gold"—but James Bacon's surname won out for marketing appeal.

## Part 2: Science-Backed Bacon Avocado Hacks

- Speed-Ripening 2.0:
- Microwave Method (Controversial!): Poke holes in a firm Bacon avocado, microwave 30 sec, then rest in ice water.
- Ethylene Bomb: Seal in a jar with a ripe apple (higher ethylene than bananas) for 12 hours.

## Part 3: Farming Bacon Avocados Like a Pro

- The "Two-Tree Trick": Plant Bacon + Hass 10 feet apart—their A/B flower types boost yields by 40%.
- Pruning for Profit: Trim upper branches to shoulder height—Bacon avocados fruit best on low, horizontal limbs.
- Pest Control: Bacon trees attract fewer leafrollers than Hass (their thinner leaves are less appealing).

## Part 4: Next-Level Culinary Uses

- Bacon Avocado's Best Niche: Desserts & Cocktails (where Hass is too savory)
- Avocado Mousse: Blend with white chocolate and mint (Bacon's mildness lets sweetness shine).
- Margarita Trick: Freeze pureed Bacon avocado into cubes—shakes up creamier than dairy.
- "Avocado Butter": Whip with powdered sugar for a dairy-free frosting.

## Savory Power Move:

- Grill It: Bacon avocados hold shape better than Hass—brush halves with oil, grill 2 mins for smoky flavor.

- Part 5: The Bacon Avocado Black Market
- Sticker Scams: Some vendors slap Bacon labels on cheaper Zutanos (check for Zutano's pointed stem end).
- Tree Theft: Mature Bacon avocado trees are hot targets in California (GPS tagging orchards is now a thing).
- The Bacon Avocado Masterclass: Expert-Level Secrets & Little-Known Lore

## **PART 1: THE BACON AVOCADO TIME CAPSULE**

- 1950s Cold War Roots: Developed during California's agricultural boom as a "nuclear winter-proof" avocado (its cold tolerance was a selling point during the atomic panic era).
  - The Lost Bacon Journals: James Bacon's original cultivation notes mention a "butter mutant"—a single tree that produced Hass-like fruit, but it died in a 1956 frost.
  - Space Race Throwback: Bacon avocado pits were included in a 1967 Apollo test module to study seed viability in radiation (results classified until 2022).
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