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*North Hero News & World Review* …

… mostly stuff no one else would print.

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(2008 NHN&WR letter/story/poem/card #6)

**April Fool! Only two pages**.

**Avocados.**

We love’em. Cholesterol? Just how bad, not sure. Calories? Probably a few. Fat? Since we love’em, fatty they must be. Running chocolate a close second? You bet.

Long a delectable duo ‘diet’ delight, Lucile & Ken have taken to adding these gems to company menus. Of course this means washing them. We’ve sanitary advocates en company who believe a knife cut will carry external germs into the fruit. Ah, … the *“Bubble Mentality”* fanatics and the *“Immunity Building”* freaks surface once more.. We saw chef Jacques Pepin prepping avocados on TV one day. He is French, or maybe a southern Belgian. Probably French, have seen him partaking of wine, but never quaffing a brewski. (Belgians drink more beer than anyone.) With studied savoir faire he rotates the pear around a fairly hefty knife, cutting down to the pit. Separating the two halves, the pit less one is put down. The knife is then nonchalantly driven halfway into the protruding pit, …WHAM! A slight twist and out comes the pit impaled on the knife, voila! Best practice this maneuver before performing on stage. Nonchalantly slicing off a pinky might be a bit of a downer for dinner guests. At this point the avocados may be eaten naked or with dressing in the cavity. We kind’a like French Dressing with them. Sometimes, after successful completion of the above theatrical performance, one opens the halves and is confronted by black yucky blotches. When entertaining, the cutting/opening may be done ahead of time rehearsal style, fruit condition inspected, moistened with lemon juice and halves reconstituted for the actual performance later. But not too much later.

Purchasing avocados is a ripe adventure in itself, something like buying a cantaloupe, … not ripe, too ripe?. We pick up a cantaloupe and shake it next to an ear. More than once we have been queried by strangers,

*“Why are you shaking that melon like that?”*

*“No idea, … my mother always did this\*.”*

The avocado bin is much the same, Russian Roulette. One Google entry says,

*“Pinch them to see if they are soft.”*

Hmmmn, we’ve seen ‘Guys and Dolls’ and know, *“In every vegetable market from Borneo to Nome, you mustn’t squeeze the melon till you get the melon home.”*

A second Google says

*“Don’t squeeze them it bruises the fruit. Pull on the stem. If it comes out the avocado is ripe”.*

We say forget it, nothing works, you pay your money and you take your chances*.* If serving to company, buy twice as many as you are going to serve. Half of them should be OK. If you get some hard as rocks, put them in a paper bag with an apple and they will ripen quickly.

Avocado prices vary greatly. Same city, same neighborhood, same day, … could be from over a loonie to two for 99 cents. We go by price here. The casualty rate among prices seems to be about the same. Perhaps we shouldn’t be impaling/discarding all the pits. Google says people grow their own avocado trees. Son Mike grew one once, although we don’t remember any pears. How big do they grow? Canadian winters are not conducive to avocado horticulture. Can you get them in and out of the house? Ramp & avocado buggy? Hmmmn, … *“We think we’d better think this out again”.* (Have seen ‘Oliver‘ too.)

Hey, Hey, Hey, … big doings early this April! A Brock, Hoffpair, Jefferson, Peck family congregation in Glastonbury CT. Let’s see, … Beth, Bill, Carole, Dave, Guy, Kelly, Ken, Linda, Lucile, Nancy, Nick, Sara, … wow twelve! Probably will rate a NHN&WR report.

\* She claimed she could hear the seeds rattling around if the melon was ripe. Like Schultz, … we hear nothing. Finally, at the present time, apparently we should avoid cantaloupes.

From Ottawa,

Lucile, Ken & Bailey.