

# THE GREEN DREAM FROM THE CARIBBEAN

Discover the secret to  
our tradition and happiness  
through our avocados.



2	Introduction
8	Choquette
14	Booth
20	Lula
26	Hall
32	Semil 34
38	Beneke
44	Carla
48	Calendar



# INTRODUCTION

The Dominican Republic is home to the biggest avocado connoisseurs on the planet. While most of the world only eats the Hass variety, we Dominicans eat more than 20 different varieties! Our country is the second largest producer of avocados, yet 14 countries export more avocados than we do. Mainly because we like to keep them for ourselves!

Hass avocados with its thicker skin travel well, but if you have only eaten this commonly exported variety, be prepared for a new culinary experience with our family-sized tropical avocado.

This thin skinned, tender fleshed, savory fruit is grown in the majestic, green mountains of our vibrant Caribbean island. In addition to bearing fruit, these avocado trees often serve as a shade trees for coffee and cocoa plants for which we are also globally famous.

Dominican avocados have a much lower environmental footprint than the Hass avocado produced in other countries. Deforestation for Hass avocado plantations in Mexico and excessive water use in the major Hass production areas of California, Mexico, Peru, and Chile represent serious environmental challenges. Our avocados are produced with rainfall only and there is no deforestation associated with their production.

Christopher Columbus and his sailors first called our avocados “butter pears,” and they became the first European consumers of the now famous avocado-toast 500 years before it became the fad it is today. If you ask us how many times a week we eat avocado, the answer could easily be five or even seven! Avocados are readily available on a whim and are even sold by the handful at traffic intersections.

A significant part of the Dominican neighborhood ambience is marked by the sound of ambling street hawkers trying to sell their avocados. Because of their commodity, Dominican consumers are experts at judging the ripeness of each fruit.

The 20 Dominican varieties are produced year-round by more than 15,000 small farmers, who reside in many different climate zones of the country. There are many subtle taste and texture possibilities for each day's luncheon avocado because of the variety. Many of us fondly remember the taste of avocados from a particular tree on our grandfather's farm or from the avocado shade tree at the house we grew up in.

Avocados need to mature on the tree but ripen after they are picked. We are experts at judging the sheen of greenness of the avocado to determine the maturity on the tree as well as judging how many days to ripeness after it has been picked. Any visit to the countryside, even to stop at a stranger's house for directions, often results in a gift of avocados.

Try a Dominican Tropical avocado as a diced salad garnish, as a spread on your toast, or alone as a vegetable side dish, and find out the secret to our traditions, folklore, and happiness. We are as proud of our avocados as we are of the other things we share with the world - our expansive beaches, renowned rum, rich cocoa, merengue and bachata music, and world-class, talented baseball players.

— *Let's begin your journey of discovery.*

The Green Dream from the Caribbean

# STORIES





Dominican  
neighborhoods  
resonate in the  
mornings with the  
call of the avocado  
street vendors.

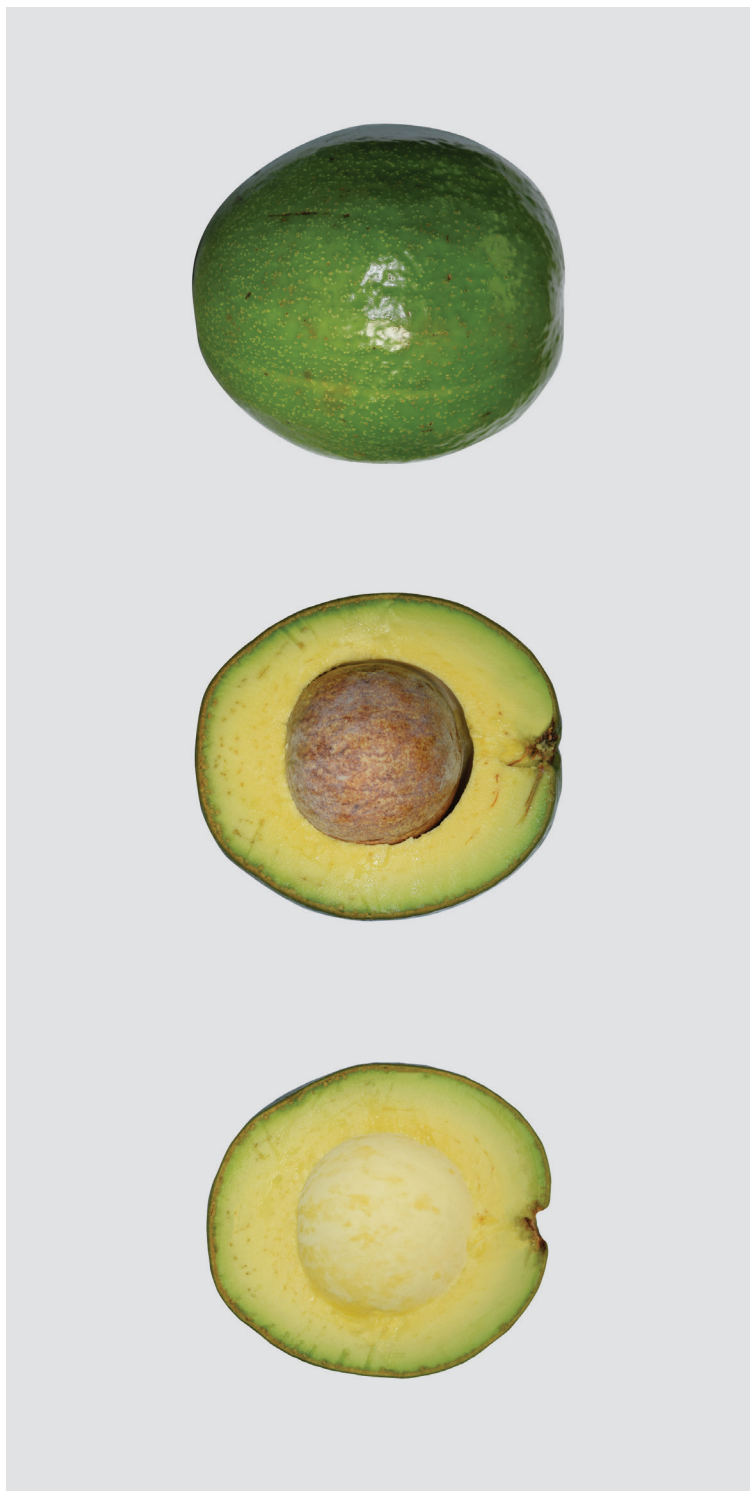
They pedal their  
large tricycle carts  
with many fruits,  
but their shout  
always starts with  
the word “*aguacate*”.

Dominican houses  
can conveniently shout  
in return and have  
the vendor stop at the  
doorstep where price  
negotiation and  
selection take place.

The Green Dream from the Caribbean

# THE NOODLE

“An explosion of juiciness  
in the mouth”



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**Characteristics:** Oval form, subtle, delicate, almost floral, juicy texture, and refreshing.

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**Culinary use:** Ideal for cold plates, smoothies, juices, fruit salad along with papaya and pineapple.

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**Details:** Light green color, bright and luminous inside and out. Its color indicates freshness and makes people think of the tropics. On the outside it has the peculiarity of having lighter green stripes such as a watermelon.

The texture is firm and juicy. Its aroma is slightly like lime or orange peel. It has a low fat content. Despite not being very creamy, its flavor is a juicy explosion in the mouth. Its flavor is fresh, subtle, delicate, and almost floral.

Because it is light and juicy, it would be ideal for cold plates. It doesn't have a strong predominant taste and can be easily mixed with other ingredients and used to make emulsions. It can be used in milk shakes, juices, and fruit salads with other fruits such as papaya and pineapple.





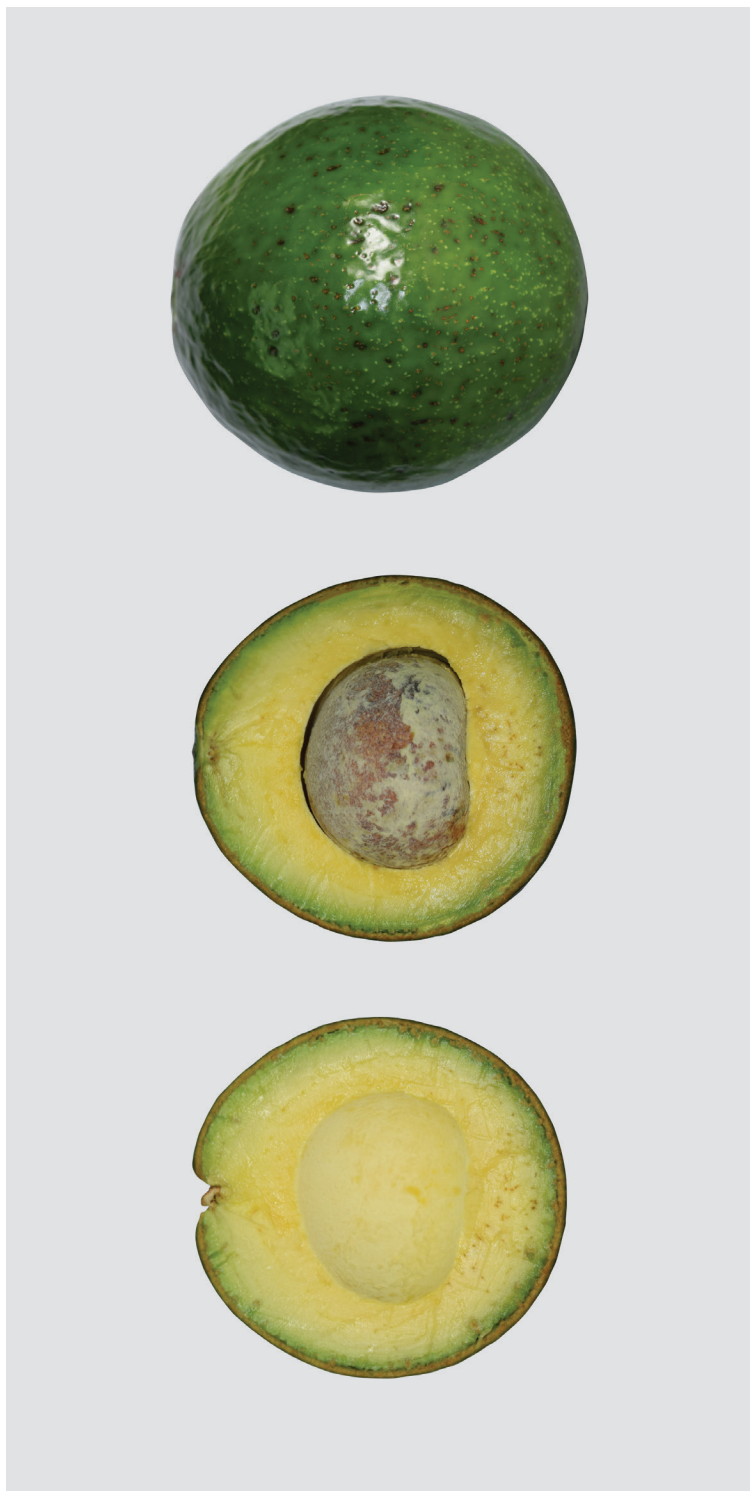
Doña Chucha  
runs a corner lunch  
counter called a  
“*comedor*” where  
workers can stop  
by and enjoy her  
daily lunch special  
consisting of rice and  
different combinations  
of beans and meat.  
Most of her customers  
are faithful clients  
because of the  
avocados she slices  
and serves with  
her meals. She takes  
great care in selecting  
each one and knowing  
their exact degrees  
of ripeness.

The Green Dream from the Caribbean

**FT  
BOB**

“It embraces your mouth”





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## Characteristics:

Round, with tones of nuts and oats, a slight tart aftertaste, juicy and creamy at the same time.

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## Culinary use:

Cream soups, salsa, dips, mousse, pesto, desserts.

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## Details:

Corrugated with flashes of light on dark green, a beautiful contrast that calls one's attention. Bright appearance inside and out. Medium size, round, very attractive appearance. Easily managed because of size and shape.

The first thing you notice is the creamy aspect accompanied by a subtle tart aftertaste that allows for a better balance. It is slightly sweet. It has a higher fat content and tones of nuts and oats. It has a delicious taste and is both juicy and creamy at the same time.

It has a perfect balance of water and fat content. It is not fatty but is creamy. It is not watery but is juicy. It has a rounded complete flavor that allows you to enjoy each mouthful. All its characteristics are positive qualities for easy use in the kitchen. It's said that it goes good with anything. It can be used for soups, salsa, dip, mousse, pesto, and desserts.



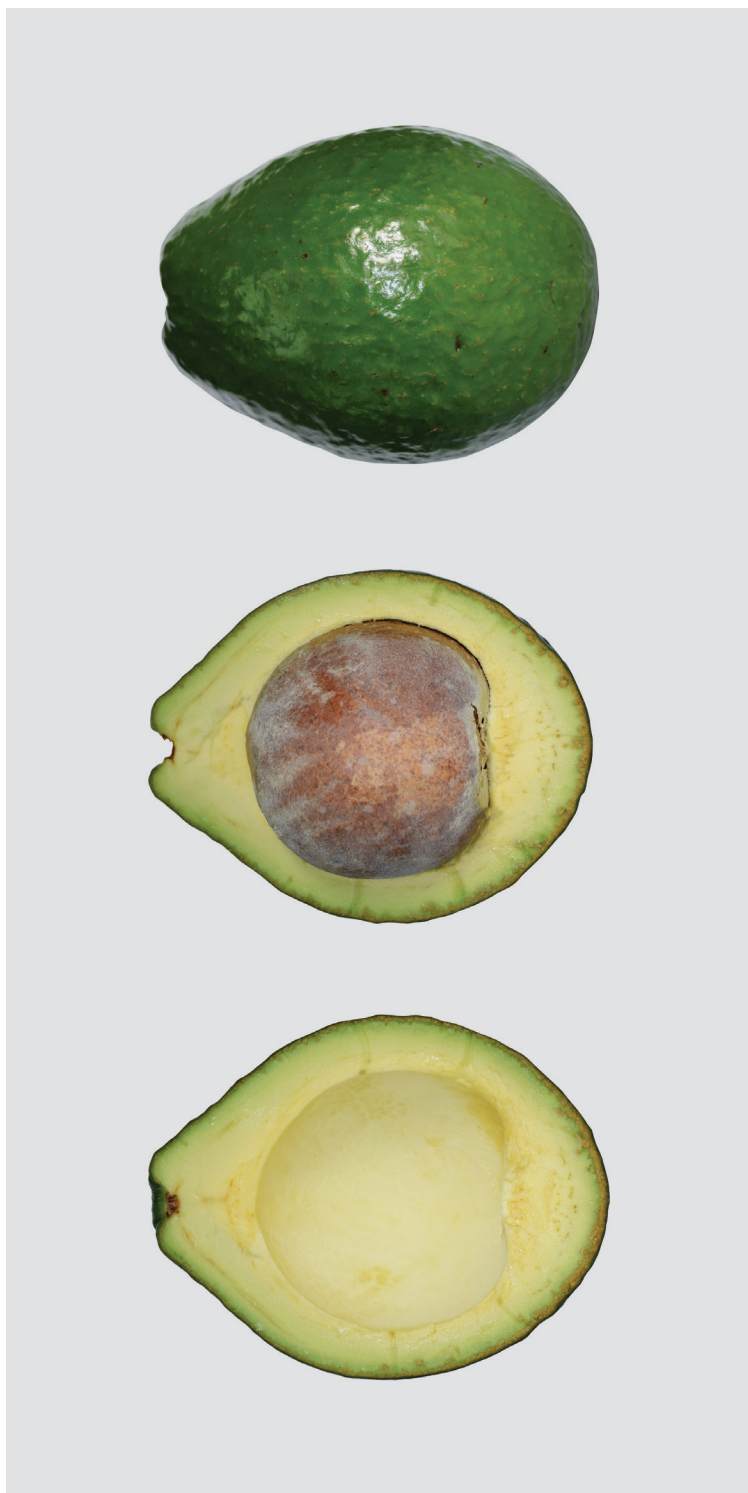


The savory  
Dominican national  
dish is the stew  
called “*sancocho*.”  
It has many variations  
and usually has  
combinations  
of chicken, goat,  
pork, and beef  
(*sometimes all four  
meats!*), and all  
sorts of root  
vegetables and  
plantains. This dish  
is traditionally  
accompanied by  
sliced avocado.  
A lunch of “*sancocho*”  
usually requires  
an afternoon siesta!

The Green Dream from the Caribbean

**SLA**

“Tropical unctuous with a  
roasted and coconut tonality”



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**Characteristics:** Oval form, slight sweet flavor with subtle tonalities of coconut, wood, and toast.

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**Culinary use:** Dessert, ice cream, salads, and cocktails.

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**Details:** Oval, medium to large, intense green color that's lighter on the inside almost like a green apple. It has a surprising appearance with its intense green on the outside contrasting with its clear and bright inside appearance.

Lumpy texture, slippery to touch and palate. Subtle, unctuous, smooth flavor that stays in the mouth for a long time. It has coconut, earth, wood and roasted tones. A confused and slightly persistent sweetness is perceived.

A strong toasted taste lingers in the mouth, but this taste departs leaving a slight oily taste. It has the same feeling in the throat as from an oily processed product such as serrano ham along with an itch in the throat. It is a good avocado for substituting saturated fats in baking. Interesting prospects for ice cream and salads. Its flavor is hard to forget.

It is a good ingredient for making cocktails (margaritas) because it has an initial sweetness, is creamy, but not too creamy to break up the alcohol.





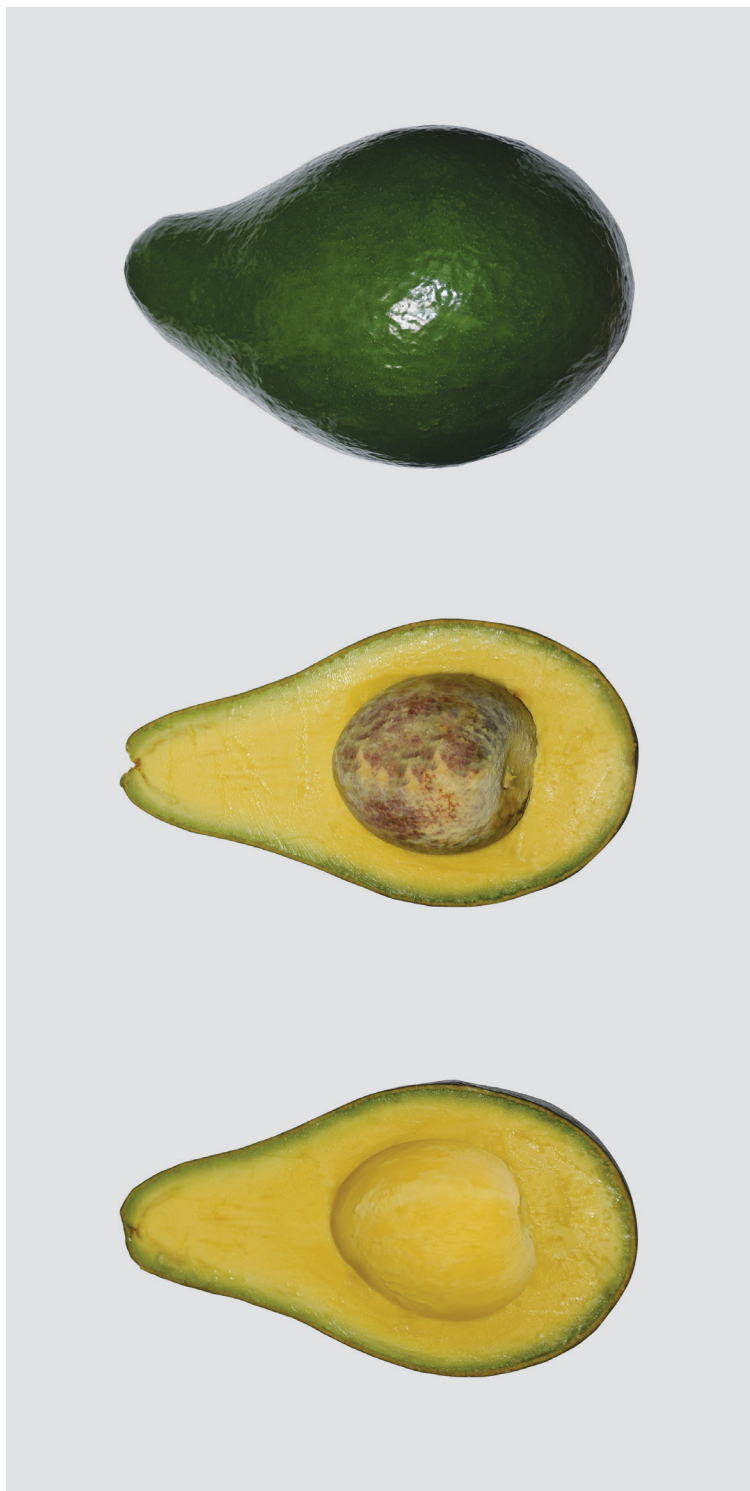


Dominican women  
are known for their  
natural beauty.  
They don't need to do  
much to maintain  
that beauty but some  
of them save a portion  
of the avocado  
that they feed their  
family with to use  
as a hydration cream  
treatment for her  
face and hair.

The Green Dream from the Caribbean



“Addictive and unforgettable  
astringent flavor”



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**Characteristics:** Perfect form, oily, tart flavor with a touch of sweetness, with personality, astringent addictive and unforgettable.

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**Culinary use:** Good for use in wheat and corn flour dough.

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**Details:** Good color, ideal and perfect form for an avocado, oily with a low water content. Smooth and bright appearance. Strong flavor, tart taste with a touch of sweetness, invasive, with personality, determinant, and strong.

A fresh juicy and creamy texture but with a tart aftertaste that is lasting. Overwhelming astringent flavor that is almost like the astringent flavor of wine. Finally, there is a smoky tone. It is a flavor that you could reject initially but that will attract you again.

It is a flavor that you get accustomed to and will remain in your culinary memory and become addictive. It can be included with strong ingredients such as salami and chorizo. It could be used to make bread. Flours, crackers, breads, tortillas, everything made from wheat and corn flour.

It can be used in fruit salads, as well as be used in a dish to create equilibrium because of its dominant tart flavor.







The children of the Dominican Republic are very healthy, as evidenced by the fact that child malnutrition levels are some of the lowest in the hemisphere. The avocado is rich in heart-healthy mono-unsaturated fats, folate, vitamin C and vitamin K. It also packs more potassium than a banana!

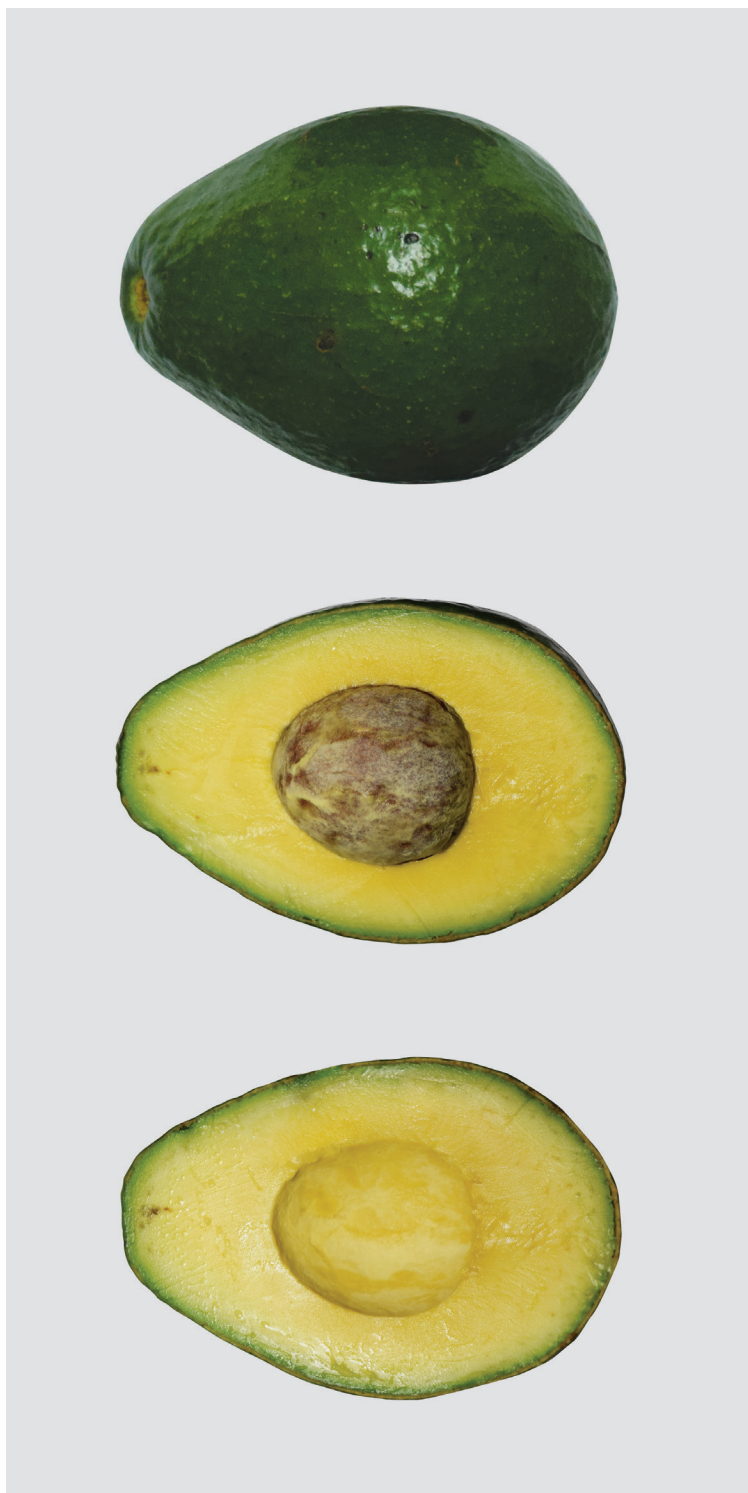
A typical healthy meal for a Dominican child is avocado and bread with a hot or cold cocoa drink with milk.

Dominican children learn from an early age to appreciate avocados.

The Green Dream from the Caribbean

# 34 SEMIL

“The happiness and fun of  
the Caribbean in your palate”



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**Characteristics:** Traditional Dominican flavor, it is perfect, unique, creamy, inviting, provocative, flavorful, recorded in your memory.

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**Culinary use:** The Semil 34 can be used in all types of preparations.

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**Details:** Green uneven skin. Inside is dark yellow. It is the favorite of Dominican chefs. It is the perfect avocado and the reference point for the Dominican palate. It is the childhood reference point.

Unique flavor, not comparable to any other Dominican tropical avocado. Very creamy, melts in the mouth very moldable texture.

Equilibrium of tart taste with a touch of acidity and salt. Smooth buttery avocado, oily with a sweetness touch. It has personality. It has an agreeable shock to the palate that invites further tasting and is provocative like the Caribbean. It is inviting for future encounters and being recorded in your memory forever.

It is delicious. It lends itself to whatever food is being prepared with it. It's creamy aspect and attractive color allows for easy culinary utilization. Its taste and texture easily combine with almost all other flavors. It can be marketed as Caribbean, synonymous with happiness and fun for the palate.





Older Dominicans understood the concept of a “*super food*” long before it became a common marketing term to promote sales of different fruits and vegetables. The high mono-unsaturated fat content of the avocado promotes cardiovascular health, which is so important to the elderly. Eight out of ten Dominican nonagenarians reportedly attribute their longevity to eating avocado regularly.

The Green Dream from the Caribbean

**BENKE**

“The Hidden Treasure”





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## Characteristics:

Elongated shape, dark skinned which contrasts with its brilliant pulp.

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## Culinary use:

Avocado gazpacho, creamy soups, desserts (panna cotta, bonbons, flan), fresh in salads or seasoned with spices and chili pepper.

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## Details:

An avocado that darkens to almost black when it matures. Inside the flesh is opaque yellow with a greenish touch that brightens into a brilliant and sharp green near the skin. The color of its pulp contrasts surprisingly with the dark color of the skin which creates a surprising effect as if finding a hidden treasure.

Very tasty with a slight touch of tartness and a little bit of nutty and coconut flavor. Juicy, creamy, with a slight sweetness and a subtle tart aftertaste that doesn't overwhelm the palate.

A balanced flavor with a pleasant and soft texture. With the first bite there is a fresh sensation and further tasting the palate is pleasantly covered in oil.

It can be used in many different forms such as avocado gazpacho and creamy soups. It is good for desserts and you can experiment with avocado flan, panna cotta, chocolate bonbons filled with avocado. It is ideal for eating fresh in salads or with spice and chili pepper added.





We Dominicans are passionate about many things, including our music and our favorite foods. It isn't hard to imagine a Dominican farmer singing while he harvests his fruit. He just might invent a song as follows:

*“You can eat him on toast  
or even just plain; he’s  
good for your body and  
he’s good for your brain;  
you can wrap him with  
sushi or serve him with  
salt; if you eat him too  
quick it’s just not  
his fault!”*

The Green Dream from the Caribbean

**CARLA**

“The perfect tartness”



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## Characteristics:

Irregular rounded shape with soups and stews, with seafood with a salty or citrus taste.

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## Culinary use:

With soups and stews, with seafood with a salty or citrus taste.

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## Details:

Irregular rounded shaped like an ostrich egg with various shades of tropical green all over its skin.

Bland texture and bit fibrous. When it touches your palate, you notice a lumpy texture that dissolves immediately upon touch.

It can have a strong tart taste that is not long lasting in the mouth. It also has an interesting salty touch. It has an unexpected, different, and interesting taste.

It can be used in soups and stews, especially with seafood because of its salty touch. It can also be used in citrus dishes.





# AVOCADO VARIETY



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