

When Avocados go bad

From environmental impacts to illegal gang ties, the toast topper is not such a nutritious snack for our environment.



Written by Joseph Andrews | @joeandrews2009@aol.co.uk | 25th November 2019

Since the 1970s, the fatty fruit has been increasingly a common guest at dinner tables. This rising popularity has not seemed to plateau, with the side being the star of Instagram's food bloggers for the past few years.



Emerging news has indicated that the rising popularity is not only amongst *Instagram foodies* and *brunchers*.

It turns out your guacamole might have seen more than you would want to believe.

Illegal networks, mainly operating out of Mexico have jumped on to the trend, reportedly taking control of produce and supplying the West with the superfood, which is in ever-growing demand.

The opportunity to accumulate means the opportunity to exploit. Groceries are no exception.

Avocados are no anomaly to the negative side of celebrity status and their stardom does not come without consequence.

Not to over-salt your meal, but this isn't the only troubling news about the Avocado.

The fruit requires a lot of water during production, which becomes extremely taxing on the environment when you think of the scale of production due to its enormous demand.

Due to privatised industries and agricultural businesses, sustainable and responsible regulation is tricky; adverse environmental impacts such as soil erosion, as well as the worsening of issues surrounding water scarcity are a few problems the fruit are accountable for.

California, being a large exporter, has undergone huge deforestation due to high demand, which extends the avocado's destructive path as it reaches the shelves.

The produce then must be packed and shipped in bulk, contributing to further erosion of an already exhausted environment.

As the contemporary philosophical thinker *Naval Ravikant* has indicated, in our Western Societies, we have diseases of abundance replacing those of scarcity.

The issue lies amongst loose regulations and the relentless expansion of economic capital.

It is disappointingly predictable that the prioritisation of profit above sustainable environmental management will undoubtedly lead to issues of corruption, exploitation and environmental degradation.

This abundance packed together with our binge culture has led to our continuous flow of goods and consumable. Like a gamete with an immense food supply, we consume perpetually and devour consumable after consumable.

This is no fresh herb, but it is a staling indicator that moderation really is the key, and you most certainly can have too much of a good thing.

Conscious consumption is a popularising mitigator for unregulated production and distribution. Consumer power is very real, and careful consideration around where your food comes from can make an impact.