

AVOCADOS IN THE PREHISPANIC TIME

M.L. Gutiérrez¹ and M. Villanueva¹.

¹ Gobierno del Estado de Michoacán. Casa de Gobierno, Periférico Paseo de la Republica # 1500, Col. General Oviedo Mota, Morelia, Michoacán, CP. 58060, México.

The indigenous cultures of old America developed a vast knowledge based on the observation of their environment, obtaining a wide, precise and appropriate knowledge from the available resources including avocado. The legacy and inheritance of using the avocado by our prehispanic cultures is here discussed as a fundamental element to encourage the culture of the consumption of avocados. A review is made on the multiple uses the diverse Meso-American cultures gave to the avocado before the arrival of the Spaniards in order to maintain in our society the ancestral forms of use of this fruit in the different aspects of the pre-colonial life such as food, health and religion; many of which are still present and we practice them without being generally conscious that they come from our ancestors.