

Buying Fresh Produce

Some fruits must be ripe before they are refrigerated. If they are not ripe when you receive them, keep them at room temperature to ripen, then place them in the refrigerator. These fruits include avocados, kiwifruit, nectarines, peaches, pears, and plums. They should be stored in air-conditioned space to ripen. *Never store produce in space that is not air-conditioned.* Ideal room temperature is 60°F to 70°F for bananas, sweet potatoes, potatoes, tomatoes, dry onion, and unripened fruits. *Never refrigerate bananas and tomatoes.*

Ideal storage conditions also keep the ethylene-producing fruits separated from the ethylene-sensitive vegetables. This is the simplest approach to produce storage. The following lists will show you the ethylene producers and the fruits and vegetables most sensitive to ethylene. The produce listed with an asterisk (*) denotes those that are both ethylene producers and ethylene sensitive.



Ethylene Producers		Ethylene Sensitive	
Apples*	Nectarines*	Belgian Endive	Parsley
Apricots*	Papayas*	Broccoli	Peas
Asparagus*	Passion fruit*	Brussels Sprouts	Peppers
Avocado*	Peaches*	Cabbage	Spinach
Bananas*	Pears*	Carrots	Squash
Cantaloupes	Persimmons	Cauliflower	Sweet Potatoes
Cherimoya*	Plantains	Cucumbers	Watercress
Figs	Plums	Eggplant	Watermelon
Guava	Prunes	Green Beans	
Honeydew Melons	Quince	Leafy Greens	
Kiwifruit	Rambutan*	Lettuce	
Mangos	Tomatoes*	Okra	

