

Ethylene in Fruits and Vegetables

Correctly store fruits and vegetables to reduce food waste.

What is ethylene?

Ethylene is a gas released by some fruits and vegetables that causes produce to ripen faster. Some fruits and vegetables are more sensitive to ethylene than others.

Why should I care?

Fruits and vegetables that are stored incorrectly spoil quickly. This could mean lost profit for you.

Do not display fruits and vegetables that are sensitive to ethylene near fruits and vegetables that produce it.

What can I do?

- Do not store fruits and vegetables that produce ethylene with those that are sensitive to ethylene. For example, do not store bananas and apples next to each other. This applies to produce that is refrigerated and not refrigerated.
- Do not store produce in bags or sealed containers. This will trap the gas and cause the produce to ripen faster.

Ethylene Sensitive

Apples
Asparagus
Avocados
Bananas
Broccoli
Cantaloupe
Collard Greens
Cucumber
Eggplant
Grapes
Honeydew
Kiwi
Lemons
Lettuce
Limes
Mangos
Onions
Peaches
Pears
Peppers
Squash
Sweet Potatoes
Watermelon

Ethylene Producers

Apples
Avocados
Bananas
Cantaloupe
Kiwi
Peaches
Pears
Peppers
Tomatoes

Not Ethylene Sensitive

Blueberries
Cherries
Beans (Snap)
Garlic
Grapefruit
Oranges
Pineapple
Potatoes
Raspberries
Strawberries
Tomatoes
Yucca