WATCH FOR ETHYLENE

This guide will show you tips on how to reduce the effects of ethylene and effectively store your fruits and vegetables to keep them fresh and usable for an extended amount of time.

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- Many fruits give off ethylene – a natural, colorless and odorless gas that promotes ripening. Fruits such as apples, ripe tree fruits, ripe avocados and ripe kiwifruit are high producers of this gas
- While ethylene is often used to accelerate and promote even ripening of fruits such as bananas and avocados, it can wreak havoc with other produce items that are adversely affected by ethylene
- Many fresh fruits and vegetables such as lettuce, leafy greens, green beans, soft shell squash, eggplants, honeydews, cantaloupes, apples and potatoes are sensitive to ethylene
- To maintain top-quality fruits and vegetables, keep ethylene-producing fruits separate from those items that are sensitive to the gas and can be damaged by it

PRODUCE ITEM	ETHYLENE PRODUCTION	ETHYLENE SENSITIVITY
Apple	Very High	High (Scald or Lose Crunch)
Artichoke	Very Low	Low
Asparagus	Very Low	Medium (Toughness)
Avocado (California)	High	High (Hastens Ripening)
Avocado (Tropical)	High	High (Hastens Ripening, Decay)
Banana	Medium	High (Hastens Ripening, Decay)
Bean (Lima, Snap, Green)	Low	Medium (Loss of Green Pigment, Browning)
Berries	Low	Low (Mold)
Broccoli	Very Low	High (Floret Yellowing)
Brussels Sprouts	Very Low	High (Yellowing)
Cabbage	Very Low	High (Leaf Abscission, Leaf Yellowing)
Cantaloupe	High	Medium (Over-Ripening, Decay)
Carrots (Topped)	Very Low	Low (Bitterness)
Cauliflower	Very Low	High (Discoloration of Curd, Accelerated Yellowing, Detachment of Wrapper Leaf Stalks)
Celery	Very Low	Medium (Loss of Green Color)
Collards	Very Low	Medium
Cucumbers	Low	High (Yellowing)
Eggplant	Low	High (Calyx Abscission, Brown Spots, Increased Deterioration)
Garlic	Very Low	Low (Odor)
Grapefruit (AZ, CA, FL, TX)	Very Low	Medium (Mold)
Grapes	Very Low	Low (Mold)
Greens (Leafy)	Very Low	High (Russet Spotting)
Honeydew	Medium	High (Accelerates Ripening, Decay)
Kale	Very Low	Medium

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Kiwifruit	Low	High (Induce Softening, Decay)
Lemons	Very Low	High (Mold)
Lettuce (Butterhead)	Low	Medium (Russet Spotting)
Lettuce (Head, Iceberg)	Very Low	High (Russet Spotting)
Lime	Very Low	Medium (Mold, Degreen)
Mandarin	Very Low	Medium (Rind Breakdown, Decay)
Mango	Medium	High (Accelerates Ripening, Decay)
Mushrooms	Low	Medium
Nectarine	High	High (Decay)
Olive	Low	Medium (Loss of Green Color/ Flesh Firmness)
Onions	Very Low	Medium (Odor, Sprouting)
Orange (CA, AZ, FL, TX)	Very Low	Medium (Mold, Rind Breakdown)
Papaya	High	High (Accelerates Ripening, Decay)
Parsley	Very Low	High
Peach	High	High (Decay)
Pear (Anjou, Bartlett, Bose)	High	High (Decay)
Peas	Very Low	Medium (Accelerated Yellowing, Decay)
Pepper (Bell, Chili)	Low	Low (Accelerates Ripening, Color Change)
Pineapple	Low	Low (Faster Degreening or Loss of Chlorophyll)
Plum/Prune	Medium	High (Decay)
Potato (Processing)	Very Low	Medium (Sprouting)
Potato (Seed, Table)	Very Low	Medium
Radishes	Very Low	Low
Red Beet	Very Low	Low
Spinach	Very Low	High (Accelerated Yellowing)
Squash (Hard Skin)	Low	Low (Accelerated Yellowing, Stem Abscission)
Squash (Soft Skin, Summer)	Low	Medium (Accelerated Yellowing, Stem Abscission)
Sweet Potato	Very Low	Low
Tangerine	Very Low	Medium (Rind Breakdown, Decay)
Tomato (Mature, Green)	Very Low	High (Shrink, Decay)
Tomato (Breaker, Light Pink)	Medium	High (Shrink, Decay)
Watermelon	Low	High (Lose Firmness)

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