What is Ethylene?

Ethylene is a gas produced by some fruits and vegetables that causes them to ripen faster. To prevent food waste, do not store fruits & vegetables that produce ethylene near those that are sensitive to it.

Ethylene Producers

- Apples
- Apricots
- Bananas (ripe)
- Blueberries
- Cantaloupe
- Figs
- Green Onions
- Grapes
- Honeydew
- Kiwi
- Mangoes
- Nectarines
- Peaches
- Passion fruit
- Pears
- Plums
- Potatoes
- Tomatoes

Ethylene Sensitive

- Asparagus
- Bananas (unripe)
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Kale
- Lettuce
- Onions
- Peas
- Peppers
- Raspberries
- Spinach
- Squash
- Strawberries
- Sweet Potatoes
- Watermelon
Fruit & Vegetable Storage Guide

Ripen at Room Temperature
- Apricots
- Melons
- Peaches
- Plums
- Avocados
- Nectarines
- Pears
- Tomatoes

Store at Room Temperature
- Bananas
- Mangos
- Papayas
- Pineapples

Store in a Cool, Dark Place
- Onions
- Potatoes

Store in the Fridge
- Apples
- Cherries
- Herbs
- Lemons
- Berries
- Grapes
- Kiwi
- Oranges
- Vegetables

Graphic courtesy of RI Food Policy Council