

# Ethylene in Fruits and Vegetables

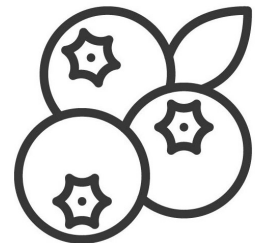
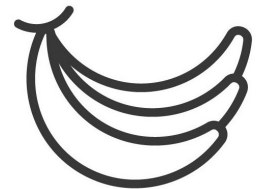
## What is Ethylene?

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.



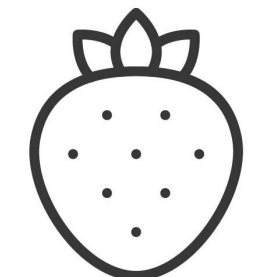
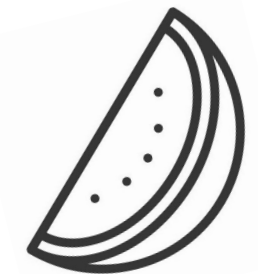
## Ethylene Producers

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



## Ethylene Sensitive

Asparagus	Kale
Bananas (unripe)	Lettuce
Broccoli	Onions
Brussel Sprouts	Peas
Cabbage	Peppers
Carrots	Raspberries
Cauliflower	Spinach
Cucumbers	Squash
Eggplant	Strawberries
Garlic	Sweet Potatoes
Green Beans	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