

How to Handle Fresh Fruits

Most fresh fruit is picked for shipment to supermarkets before it is ripe. Many people do not buy fresh fruit unless it is already ripe. Some green or under ripe fruit can be ripened at home.

Some fruits will ripen outside of the refrigerator, but some will not. Some of the fruits that you can ripen at home are listed below.

Ripen these fruits at home

Avocados

Papayas

Bananas

Persimmons

Cantaloupe

Honeydew melons

Mangos

Nectarines

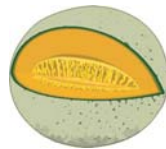
Peaches

Pears

Plums

Pineapples

and Tomatoes



- 1) Speed up the ripening by placing fruit in a large paper bag.
- 2) Punch several holes in the paper bag.
- 3) Make sure the fruit is in a single layer. Do not stack pieces of fruit on top of each other.
- 4) Fold the top of the bag over.
- 5) Leave the bag on the counter top while the fruit ripens.
- 6) Check the fruit every day to see if it is ready to eat.
- 7) When it is ready, eat what you like and refrigerate the rest.

Most fruit will ripen in 1-2 days. The coolness of the refrigerator will keep the ripened fruit fresh for several days.

Quickly refrigerate the fruits listed below. They do not ripen any more after they have been picked.

Refrigerate these fruits for freshness

Apples

Cherries

Grapes

Raspberries

Tangerines

Oranges

Limes

Gooseberries

Blueberries

Cranberries

Pomegranates

Strawberries

Watermelons

Lemons

Blackberries

When you select fruit at the grocery store look for fruit that is not bruised. The skin should not be torn or cut. Look for fruit that is firm but not rock hard.

Special Treatment For Bananas

Bananas are always picked when they are green. They do not need any special care to ripen. They go from green to yellow in a few days.

The brown speckles on bananas are called "honey spots." When a banana has honey spots, it is very sweet and ready to eat.

Bananas can be stored in the refrigerator after they ripen. The skin will turn dark brown or black but the banana inside will be fresh.



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