

How to Handle Fresh Fruits

Some fresh fruit is picked before it is ripe.



Ripen these fruits at home:

Avocados	Nectarines
Papayas	Peaches
Bananas*	Pears
Persimmons	Plums
Cantaloupe	Pineapples
Honeydew melons	Tomatoes
Mangos	



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.

***Bananas** are picked green. They do not need any special care to ripen. They go from green to yellow in a few days setting on your kitchen counter.

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.

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

Refrigerate these fruits for freshness:

Apples	Blueberries
Cherries	Cranberries
Grapes	Pomegranates
Raspberries	Strawberries
Tangerines	Watermelons
Oranges	Lemons
Limes	Blackberries
Gooseberries	



Select fruit that is not bruised. The skin should not be torn or cut.



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