

# Keep Produce Fresher, Longer

Some produce emits ethylene, an odorless, colorless gas that will speed the ripening of some other types of produce. Knowing what items to store separately helps prevent premature spoilage and reduce food waste!



## Avoid mixing items from each category with some caveats\*

<b>Ethylene-producing foods</b> <i>mostly fruits</i>	<b>Ethylene-absorbing foods</b> <i>mostly vegetables</i>
apples*	asparagus
apricots	apples*
avocados	bananas (unripe)
bananas (ripe)	berries*
berries*	broccoli
cherimoyas	brussels sprouts
cranberries	cabbage
figs	carrots
green onions	cauliflower
guavas	chard
grapes	cucumbers
kiwis	eggplants
mangoes	endive
melons (most)	flowers
papayas	garlic
passion fruit	green beans
pears	kale
persimmons	leafy greens
potatoes	leeks
quince	okra
stone fruits*	onions
tomatoes*	fresh herbs
	peas
	peppers
	spinach
	squash
	sweet potatoes
	watercress
	watermelon
	stone fruits*
	tomatoes*

\* Some items are both ethylene producers and ethylene absorbers, like apples. This means they can both cause premature spoilage in ethylene-absorbing foods but also their spoilage can be hastened by other ethylene-producers. To extend the life of these produce items, keep them relatively isolated.