

Climacteric Fuits

Apples
Apricots
Avocado (do not ripen on tree)
Bananas
Cantaloupe
Chile Pepper
Fig
Honeydew melon
Kiwifruit
Mangos
Nectarine
Pears
Peaches
Plums
Papaya
Passion Fruit
Pawpaw
Persimmon
Quince
Sapodilla
Sapote
Tomato

Continues to ripen once picked.

Nonclimacteric

Bell Pepper
Blackberry
Berries (most)
Cherry
Citrus (most)
Cucumbers
Grapes
Grapefruit
Lemon
Lime
Longan
Loquat
Lychee
Mandarin
Muskmelon
Olives
Oranges
Peppers
Pineapples

Nonclimacteric (cont)

Pomegranates
Prickly Pear
Rambutan
Strawberry
Watermelons

Does Not continue to ripen once picked.

Apricots

Look for plump, juicy apricots with a uniform golden-orange hue. When ripe they will gently yield to applied pressure.

Season : June - July

Avocados

Eat when just ripe, it has a buttery consistency and a mild flavor. Buy avocados when hard and firm, uniform colors and free of cracks. Take home and place in a brown paper bag to ripen at room temperature.

Season : Available all year.

Banana

Best bought green for ripening at home. Completely yellow when ripe. One with a lot of brown spots tastes better than a yellow banana with a green top. Brown=Overripe, Green=Not Ripe.

Season : Available all year. Put Bananas in the sun to ripen quickly.

Mangos

Mangos can be bought green & allowed to ripened at room temperature. Best to select mangos starting to show signs of ripening, rather than totally hard and green. Haden Mangos are ready to eat when it is yellow/orange, slightly firm, yielding to gentle pressure. The Carrie Mangos are large and green. Turns a paler green, developing dark speckles as it ripens. When ripe enough for full flavor, it is slightly firm, yielding to pressure. Hit with flat hand; The sound is deep and thick.

Season : May --- August.

Oranges

Types : Navels, Pineapple Oranges, Temples, Tangelos, Valencia's, Tangerines.
Selecting : Skin Color does not indicate of quality or ripeness. The first crops of mature oranges in November have skin green or greenish, but mature oranges are ready for harvest and eating, even when the skin is green. They are, however, not as sweet as oranges harvested a month or so later on. Choose oranges firm and heavy for size. Blood Oranges may have a full-colored blush or have no blush at all. Avoid blemishes and shriveled or moldy spots. For the juiciest, sweetest fruit, look for oranges with a sweet, clean fragrance.

Season : December --- June.

Store oranges at cool room temperature for 1-2 weeks in the refrigerator

Papayas

Select fruit that with some golden yellow or orange streaks, a sign that it has not been picked too green and will ripen properly. If you select papaya with at least 35% of the skin streaked yellow , they will ripen completely in 2-3 days at room temperature. When totally yellow or orange and yields to gentle pressure, it is ready for eating. Avoid mushy papayas, or fruit with dark patches, which signify age and decay.

Season : Available all year.

Cantaloupe

1. Just smell. Ripe smells very sweet and nice.
2. Thump test: Hold your dominant hand as if ready to knock on a door. Deliver 2 --3 good thumps to the round side of the melon. The sound should be deep and thick, indicating a dense, full fruit.
3. Color: Unripe when the skin beneath the textured "web" is green. Ripe when orange or gold and firm, but not rock hard.



By **David Pollack** (Davidpol)
cheatography.com/davidpol/

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Honeydew

Smell; Ripe smells very sweet and nice.

Color test; Not ripe if has beige-skinned with distinct green veins.

Ripe if it has a pale yellow color with bright, lemon-colored areas.

Good - A patch that's slightly flat and bleached in color

Stem ends should be moist, not moldy.

A good melon is firm, but not rock hard.

Tangerines

Easily selected by their strong & sweet smell

Watermelon

Use Flat Hand test: Tap the melon with your flat hand. If the sound is deep and thick, the mellon is ripe and sweet.



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