Ethylene Sensitivity Chart

Ethylene Producing & Sensitive	Ethylene Sensitive	Not Ethylene Sensitive
Apples	Acorn Squash	Bell Peppers
Avocados (ripe)	Avocados (unripe)	Cactus (Nopales)
Bananas	Asparagus	Collard Greens
Cantaloupe	Broccoli	Corn
Kiwifruit	Butternut Squash	Cucumber
Mango	Cabbage	Eggplant
Nectarines	Carrots	Grapefruit
Papaya (ripe)	Cauliflower	Green Beans
Papaya (unripe)	Celery	**Jicama**
Pears	Grapes	Kale
Tomatoes	Lettuce	Okra
	Plantains	**Onions**
	Peppers, Chile	Oranges
	Sweet Potatoes	**Pineapple**
	Watermelon	Spinach
	Yellow Squash	Strawberries
	Zucchini	

NOTE: Bold items should not be refrigerated