

Tips on maximising BioFresh to keep food fresher for longer saving you \$\$\$\$\$

Ethylene isn't all bad even though it's a major contributor in shortening the life of your hard earned produce but sometimes it can be your friend.....Did you know that you can speed up the ripening process of an unripe fruit by putting a high emitting ethylene producing food near to it, for example, by putting an unripe avocado, kiwi fruit or even a watermelon together with an apple in a bag!

However for the most part you really want to slow down the release of Ethylene gas to maximise your product shelf life which in turn will save you lots of money. Here are some tips to help achieve this – By using our BioFresh storage drawers which are set at just above zero degrees then selecting the appropriate low or high humidity setting the Ethylene producing gas is dramatically slowed. This process will increase your food shelf life significantly longer whilst still maintaining the original level of moisture. It will keep the colour and snap in your fruit and veggies longer whilst still maintaining your dairy, meats and seafood as pristine as the day it was purchased. However as advanced as the Liebherr BioFesh technology is make no mistake that Ethylene will be the eventual winner but with a bit of good planning your food would have been consumed and enjoyed by all well before it can no longer be enjoyed.

Some fruits and vegetables are more sensitive to the ethylene gas, so keep such produce away from ethylene producers as they deteriorate quickly and decay prematurely in high- ethylene environment. The degree of damage depends upon the concentration of ethylene, the temperature and duration of exposure.



1. High ethylene producing fruits should be kept away from other fruits and vegetables. Store fruits and vegetables separately, because fruits release more ethylene gas than vegetables, which can spoil the veggies. Keep leafy vegetables and lettuce away from fruits. Therefore, store ethylene emitting produce such as apples, avocados, bananas, melons, peaches, pears, tomatoes, etc. separately from broccoli, cabbage, cauliflower, leafy greens, lettuce, etc. as these are ethylene sensitive.
2. Do not store spinach, kale or similar leafy vegetables near apples, bananas or peaches, otherwise they will turn yellow quickly and limp.
3. Keep away your ripe foods from ethylene-producing foods to last longer.
4. Storing potatoes with apples naturally inhibit the sprouting in potatoes. The potato industry introduce trace amounts of ethylene into potato storage boxes to delay the sprouting process significantly.
5. Keep onions & potatoes separated as both can release moisture that will cause each other to spoil faster. Store them separately in a dry, cool and airy place. Many people have given ethylene as the reason for storing onions and potatoes separately, but that is not true; both potatoes and onions do not produce ethylene gas, only potato is sensitive to this gas.
6. Remove and discard the older rotten fruits so that your other fruits and vegetables last longer with full nutritional benefits.
7. Citrus fruits do not ripen further after they are picked so they have long self-life.
8. Note also that tomatoes are not artificially reddened by ethylene. The normal tomato ripening process can be accelerated by externally applied ethylene.

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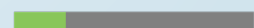
Ethylene Producing Fruits & Vegetables

Ethylene Producing Fruits & Vegetables		
Fruits & Vegetables	Ethylene Emission	Ethylene Sensitivity
Apples	High	Yes
Apricots	High	Yes
Avocados, ripe	High	Yes
Avocados, unripe	Low	Yes, Very
Bananas, green	Low	Yes
Bananas, ripe	Medium	No
Blackberries	Very Low	No
Blueberries	Very Low	No
Cantaloupe	Medium	Yes
Cherries	Very Low	No
Cucumbers	Very Low	Yes
Figs	Low	No
Grapefruit	Very Low	No
Grapes	Very Low	Yes
Guavas	Medium	Yes
Kiwi, ripe	High	Yes
Kiwi, unripe	Low	Yes, Very
Lemons	Very Low	No
Limes	Very Low	No
Lychees	Very Low	No
Mangoes	Medium	Yes
Melons, Honey Dew	Medium	Yes
Nectarines	High	No
Okra	Very Low	Yes
Oranges	Very Low	No
Papayas	Medium	Yes
Peaches	High	Yes
Pears	High	Yes
Pineapples	Very Low	No
Plums	High	Yes
Prunes	High	Yes
Quinces	High	Yes
Raspberries	Very Low	No
Strawberries	Very Low	No
Tangerines	Very Low	No
Tomatoes, green	Low	Yes
Tomatoes, ripe	Medium	No

NO Ethylene Emission, Not Sensitive		
Fruits & Vegetables	Ethylene Emission	Ethylene Sensitivity
Artichoke Sweet	No	No
Cherries sweet	No	No
Chicory	No	No
Coconuts	No	No
Corn	No	No
Cranberries	No	No
Endive	No	No
Garlic	No	No
Ginger	No	No
Kohlrabi	No	No
Onions	No	No
Peppers sweet	No	No
Pomegranates	No	No
Rhubarb	No	No

Ethylene Sensitive Fruits & Vegetables		
Fruits & Vegetables	Ethylene Emission	Ethylene Sensitivity
Asparagus	No	Yes
Avocados, ripe	High	Yes
Avocados, unripe	Low	Yes, Very
Bananas, green	Low	Yes
Basil	No	Yes
Beets	No	Yes
Bok Choy	No	Yes
Broccoli	No	Yes
Brussels Sprouts	No	Yes
Cabbage	No	Yes
Cantaloupe	Medium	Yes
Carrots	No	Yes
Cauliflower	No	Yes
Celery	No	Yes
Cucumbers	Very Low	Yes
Eggplant	No	Yes
Grapes	Very Low	Yes
Green Beans	No	Yes
Green Peas	No	Yes
Guavas	Medium	Yes
Herbs	No	Yes
Kiwi, ripe	High	Yes
Kiwi,unripe	Low	Yes, Very
Leeks	No	Yes
Lettuce	No	Yes
Mangoes	Medium	Yes
Honey Dew	Medium	Yes
Mushrooms	No	Yes
Okra	Very Low	Yes
Papayas	Medium	Yes
Parsnips	No	Yes
Peaches	High	Yes
Pears	High	Yes
Peppers,hot	No	Yes
Persimmons	No	Yes, Very
Plums	High	Yes
Prunes	High	Yes
Potatoes	No	Yes
Pumpkins	No	Yes
Quinces	High	Yes
Radishes	No	Yes
Rutabagas	No	Yes
Salad Mixes	No	Yes
Sprouts	No	Yes
Squashes, summer	No	Yes
Squashes, winter	No	Yes
Sweet Potatoes	No	Yes
Tomatoes, green	Low	Yes
Turnips	No	Yes
Watermelon	No	Yes, Very

For more information please visit us at:



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