

Sweet
STONE
FRUIT

STORAGE & RIPENING TIPS

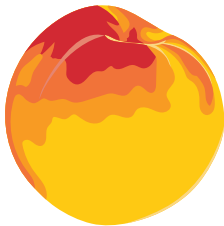
In most cases, stone fruit is plucked from the tree when it is not quite ripe to allow for easier transportation from farm to produce department. Here are tips for ripening and storing delicate stone fruit so it's perfectly delicious every time.

- 🍎 **Want to eat it soon?** Store unripe stone fruit at room temperature and out of direct sunlight. The fruit ripens in two to four days.
- 🍎 **Bought a lot?** Store unripe fruit in the fridge and take out a piece or two at a time to ripen on the counter.
- 🍎 **Too much ripe fruit?** Once ripe, store fruit in the fridge to suspend it at peak ripeness.

IS THIS PEACH RIPE?

Signs of a ready to eat peach:

- Gently press your thumb into the peach's shoulder. Soft shoulders are a good sign your fruit is ripe.
- Check the peach's tip, opposite the shoulder. Is it also soft? It's time to eat your peach.
- If the shoulder is soft, but the tip feels firmer, give your peach one more day before digging in.



IS THIS NECTARINE RIPE?

Signs of a ready to eat nectarine:

- Gently press your thumb into the nectarine's shoulder. Soft shoulders are a good sign your fruit is ripe.
- Look at the shoulder. Is the skin starting to wrinkle? Wrinkling means your nectarine is ripe with nicely developed sugars.
- Check the nectarine's tip, opposite the shoulder. Is it also soft? It's time to eat your nectarine.
- If the shoulder is soft, but the tip feels firmer, give your nectarine one more day before digging in.

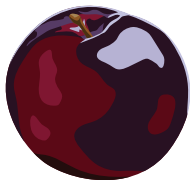


IS THIS PLUM OR PLUOT RIPE?

Signs of a ready to eat plum or pluot:

The skin and flesh of plums and pluots is firmer than a peach or nectarine, so you don't have to wait for a soft shoulder to enjoy them. These stone fruits are also more shelf-stable than others and take more time to get exceptionally soft.

- Like a firmer fruit? Eat it when the shoulder starts to soften. Check by gently pressing your thumb into the shoulder.
- Like your plum or pluot extra soft and juicy? Keep it on the counter until the body is soft to the touch.



IS THIS APRICOT RIPE?

Signs of a ready to eat apricot:

Unlike other stone fruit, apricots ripen from within.

- Gently press your thumb into the apricot's shoulder. Soft shoulders are a good sign your fruit is ripe.
- Give it a smell. Apricots are delightfully aromatic when ripe. If it's soft and smells good, it's ready to eat.
- If your apricot has a mealy texture, that means it has been left too long and has over-ripened.
- Too many ripe apricots to eat all at once? Suspend them in their perfect state by storing them in the fridge.

