

# Avocado Stages of Ripeness



## 1 HARD



## 2 PRE-CONDITIONED (Rubbery)



## 3 BREAKING (Softening)



## 4 FIRM RIPE



## 5 RIPE

### Description

No give with strong thumb pressure.

Slight give with strong thumb pressure.

Deforms 2–3mm with moderate thumb pressure.

Deforms 2–3mm with slight thumb pressure.

Deforms easily with gentle hand pressure.

### Use

**Just Picked**  
Can be cold stored, easy to transport.

**Ripening**  
Ready to eat in about three days when held at room temp

**Good For Retail**  
Ready to eat in two days or less when held at room temp

**Ready to Eat**  
Good for slicing

**Eat Now**  
Good for slicing, smashing, spreading

### Handling

Susceptible to skin damage when dropped

Susceptible to bruising

Susceptible to bruising

Highly susceptible to bruising from squeezing or dropping

Highly susceptible to bruising by squeezing or dropping

### Storage

Ripen at 16-20°C, or store at 5°C (Hass) or 7°C (green skins)

Continue ripening at 16-20°C

Ripen at 16-20°C or hold at 5°C (Hass) or 7°C (green skins)

5°C (Hass) or 7°C (green skins)

5°C (Hass) or 7°C (green skins)

### Firmness

Penetrometer<sup>1</sup>  
(Hass and Shepard)  
Durometer<sup>2</sup> (Hass)  
Durometer<sup>2</sup> (Shepard)

>10  
>81  
>80

2.2-10  
74-81  
70-80

1.1-2.1  
59-73  
54-69

0.7-1.0  
44-58  
41-53

0.4-0.6  
33-43  
32-40

<sup>1</sup> Penetrometer: kg force required to move 11.1mm tip 8mm into flesh without skin

<sup>2</sup> Durometer: measure of shore unit firmness through the skin using a 5mm diameter ball test anvil on either a Bareiss or Turoli durometer

Note for Hass: Firmness, rather than skin colour is the better indicator of ripeness - depending on maturity, Hass avocados can remain partially green when ripe or already have dark skin colour at Stage 1