

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.

Use

Just Picked
Can be cold stored, easy to transport.

Handling

Susceptible to skin damage when dropped

Storage

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

Firmness

Penetrometer
Densimeter

>10kgf
>91

Slight give with strong thumb pressure.

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

Susceptible to bruising

Continue ripening at 16-20°C

5-10kgf
90-91

Deforms 2-3mm with moderate thumb pressure.

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

Susceptible to bruising

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

2-5kgf
86-89

Deforms 2-3mm with slight thumb pressure.

Ready to Eat
Good for slicing

Highly susceptible to bruising from squeezing or dropping

5°C (Hass) or 7°C (green skins)

1-2kgf
74-85

Deforms easily with gentle hand pressure.

Eat Now
Good for slicing, smashing, spreading

Highly susceptible to bruising by squeezing or dropping

5°C (Hass) or 7°C (green skins)

0.5-1kgf
65-73

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
Note for green skins: The same stages apply for green skin varieties, however their skin remains green when ripe

