

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
Densimeter

>10kgf
>91

5-10kgf
90-91

2-5kgf
86-89

1-2kgf
74-85

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

