

Buying the ripest produce isn't always best

By Russ Parsons, Los Angeles Times

We all want to shop for the ripest fruit we can find. Or do we? In some cases, the ripest fruit is not the best buy. In fact, in some cases it should be avoided.

To understand why, we first need to delve into the complexities of ripeness and maturity. And while we're at it, let's think a little about climacteric fruits.

Ripeness and maturity are separate but linked processes. Think of it this way: Maturity is when the fruit has assembled all the building blocks necessary to create flavor; ripeness is the process by which those blocks are assembled into something greater. When fruit is maturing, it's developing sugar as well as all the chemical compounds that will eventually make it delicious.

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