

Avocado post-harvest

Post-harvest management of fruits is of prime importance. It affects both quality and yield as losses can range from 5 to 50%.

The special features of climacteric fruits

Climacteric fruits have special physiological characteristics. They must be harvested after reaching a sufficiently advanced stage of development and hence of maturity. It is only then that they are capable of synthesising sufficient amounts of ethylene to be able to start ripening (a strong increase in respiration that physiologists refer to as 'climacteric' marks the start of deep-seated physiological changes). Only mature fruits will display satisfactory organoleptic characteristics once they have ripened. Avocado is a singular climacteric fruit. It can only start the ripening process after it has been picked. One of the best ways of storing the fruit is therefore to leave it on the tree. Some varieties can remain on the branch for several months, depending on the season. Suitability for 'tree storage' is generally very small or non-existent for West Indian cultivars but marked for hybrids, especially for Guatemalan x Mexican crosses. Nevertheless, prolonged storage can have a negative effect on production in the following season. These physiological considerations highlight the importance of the harvest date. Several variables that depend on the variety and the producer country concerned are to be taken into consideration to judge the optimum stage of maturity. Visual appraisal, fruit weight and diameter and the number of days after flowering give useful information but this is not accurate enough. Determining the matter content—strongly correlated with the oil content—is the most commonly used method. Appraisal of the stage of maturity is completed by analysis of enzyme activity, electrical conductivity, aromatic compounds or precursors or by tasting tests when the fruits have ripened.



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Storage

Cooling

The temperature is lowered to slow the metabolism of the fruit so that it can be stored. This slows ethylene synthesis and its effects. It is therefore sought to bring the fruits to the best temperature for storage as rapidly as possible after harvesting (ideally in less than 6 hours). The duration of cooling depends on the initial and final temperature of the fruit and on the ambient air conditions (temperature, wind velocity and relative humidity). The time necessary varies from 8 to 10 hours. It is important to halt the cooling phase 2°C before the final temperature desired to be sure not to reach temperatures that are too low and that might damage the produce.

Refrigeration

Optimum storage temperatures vary according to the variety, the period of the season (maturity) and the storage period desired. In general, the temperature for mature avocado ranges from 5 to 12°C with atmospheric relative humidity of 85 to 95%. The more delicate end-of-season fruits are stored in the lower part of the temperature range. For 'Hass', physiologists advise maintaining fruits at 5 to 7°C at the beginning of the season and 4.5 to 5.5°C at the end. More than four weeks of storage at these temperatures is not recommended. The optimum temperature range for 'Fuerte' is 6 to 8°C but for no more than three weeks. In practice, professionals keep all the classic commercial varieties at between 5 and 6°C. Temperatures must be strictly controlled to prevent any fluctuation. Movement of air is also regulated. Heat is released during the beginning of the ripening process and this must be taken into account. Maintaining the cold chain is of crucial importance.

Controlled atmosphere

Controlled atmospheres are widely used for long transport and can lengthen the duration of storage. Low O₂ levels combined with high CO₂ reduce respiration and ethylene production. An O₂ content of 2 to 5% and CO₂ of 3 to 10% are generally used. The main classic commercial varieties can thus be stored for 5 to 6 weeks and even longer for 'Hass'. The effects of unsuitable O₂ and CO₂ levels are described in the paragraph entitled 'Main types of post-harvest physiological deterioration' below.

Alternative technologies for long storage

Treatment with 1-MCP. Application of 1-MCP (1-methylcyclopropene) is reported to limit the internal symptoms of chilling injury (dulling of the pulp, vascular browning) in fruits stored for more than four weeks. The technique is said to give good results especially for the green varieties that are less suitable than 'Hass' for long storage (with regard to the standards in force). It has been used on a proportion of the South African harvest for three years.

Step Down Temperature. This technique has been used in the South African avocado sector for several years to conserve fruit quality and reduce internal symptoms of chilling injury. The storage temperature is lowered in steps (1 to 2°C each week) during transport, with care taken not to descend below 3.5°C. There are procedures (temperature and duration) for the different cultivars and regions of South Africa.



Photos © Eric Imbert

Avocado post-harvest (continuation)

Packing

Fruits with the desired maturity index are sorted, washed and graded before packing. Each market has its own packing requirements.

Avocado – United States (5.67-kg box)	
Weight (g)	Size
422	14
377	16
340	18
298	20
241	24
196	30
156	35

Avocado – United States (11.34-kg box - 43 x 32.6 x 17.50 cm)	
Weight (g)	Size
422	28
377	32
340	36
298	40
241	48
196	60
156	70
122	84
102	96

Avocado – Europe (4-kg box - 35 x 28.5 x 9 cm)	
Weight (g)	Size
461-475	8
366-400	10
306-365	12
266-305	14
236-265	16
211-235	18
190-210	20
176-189	22
156-170	24
146-155	26

Avocado – Japan (6-kg box - 43.9 x 33.1 x 11 cm)	
Weight (g)	Size
340	18
298	20
241	24
196	30
156	35

Ripening

The ideal temperature for ripening is 15 to 20°C. Above 25°C, ripening is irregular, unpleasant flavours appear and the risk of rot increases. This natural process can also be controlled. Treatment with ethylene (100 ppm at 20°C for 12 to 72 hours depending on the maturity of the fruit) speeds up ripening by 3 to 6 days. It is possible to obtain fruits at an even stage of ripeness in chambers in which temperature, relative humidity and ethylene content are the main parameters controlled. Nevertheless, ripening still depends on the initial stage of maturity of the fruit.

The main precautions to be taken in shops

Avocado fruits are very sensitive to impacts and to pressing by consumers. Ripe and nearly ripe fruits must be stored at lower temperatures (1 to 6°C). Misting is not recommended.



Photos © Eric Imbert

Main types of post-harvest physiological deterioration of avocado

Storage-related damage

Chilling injury. This damage is caused by low temperatures—generally lower than 3°C—or by prolonged storage. The symptoms may appear three days after packing during storage and more often when the fruits are removed from the cold room. Two forms of chilling injury are observed. The symptom of internal chilling injury is a browning of the pulp starting at the base of the fruit and sometimes vascular browning in the same area. In 'Fuerte', this disorder takes the form of small dark spots in the pulp. The symptoms of external chilling injury are irregular black spots on the epidermis. They may appear during storage and most frequently when the fruits are removed from cold storage.

O₂ deficit and excessive CO₂. Too great a decrease in the O₂ level (in particular to less than 1%) can cause irregular brown spotting of the epidermis that can spread to the pulp. Too high a CO₂ level (over 10%) can cause discoloration of the epidermis and the development of unpleasant flavours, especially when the O₂ level is low.

Fungal infection in the field revealed during or after storage

The control of fungal diseases requires effective orchard management and appropriate pre-harvest treatments. Any bruising of the fruits must be avoided at the post-harvest stage, they must be refrigerated rapidly and the cold chain maintained.

Anthraxnose. This is the most frequent disease during storage and is caused by infection of the fruit by *Colletotrichum gloeosporioides* in the orchard and appears only during ripening. It causes serious necrosis. Ordinary small, scattered injuries develop into large circular brown spots on the epidermis. The underlying pulp blackens and the rot reaches the seed. The rate of development of this rot depends on the transport and storage temperature and above all the state of maturity of the fruits.

Stem-end rot. This disease is also caused by infection by a fungus, *Botryodiplodia theobromae*. Small pale brown spots appear initially in the stem zone. The rot spreads rapidly to the rest of the fruit. The pulp is then infected to the seed. Any injury in the epidermis favours infection by the pathogen.

Avocado – Post-harvest diseases caused by pathogenic fungi	
Pathogens	Diseases
<i>Alternaria</i> spp	Black rot
<i>Botryodiplodia theobromae</i>	Stem-end rot
<i>Botryosphaeria ribis</i> (<i>Dithiorella gregaria</i>)	Stem-end rot
<i>Colletotrichum gloeosporioides</i>	Anthraxnose: Black rot
<i>Fusarium</i> spp	Stem-end rot
<i>Penicillium expansum</i>	Blue mould
<i>Pestalotiopsis perseae</i>	Brown spots
<i>Phomopsis perseae</i>	Brown rot
<i>Phytophthora citricola</i>	Small surface injuries
<i>Pseudocercospora purpurea</i>	Soft rot
<i>Rhizopus stolonifer</i>	Corky patches on epidermis
<i>Trichothecium roseum</i>	Pink rot

Avocado post-harvest (continuation and end)

The harvest stage in the case of climacteric fruits

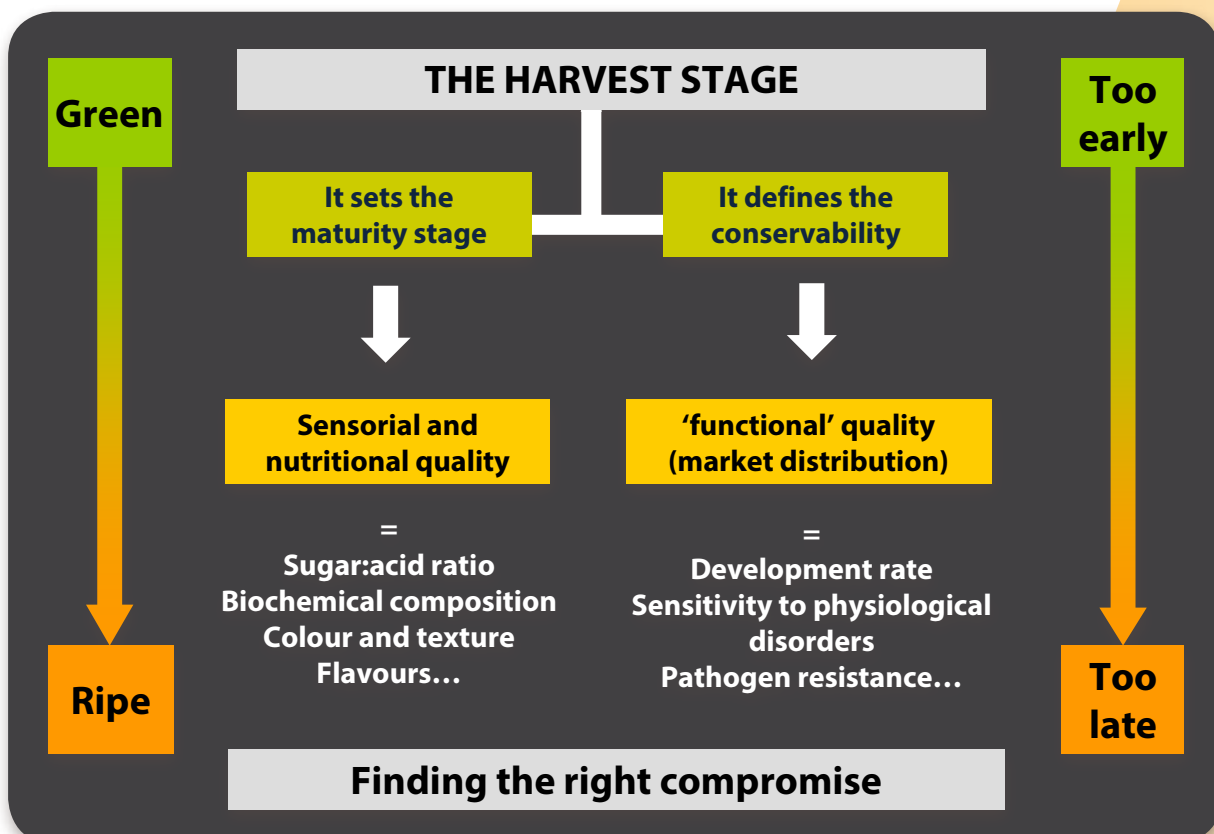
This stage is particularly important since the state of maturity of the fruit is “set” upon harvesting (see FruiTrop No.198, page 29, maturation article). The impact of the harvest stage is split into two aspects (see diagram):

- in qualitative terms, the earlier a fruit is harvested, the less taste properties it will exhibit, with a fairly low sugar content (enrichment in sugars is linked to the length of time on the plant) and a poor ability to develop flavours;
- in commercial terms, a fruit harvested at a stage too close to the fruit’s true maturity will have a lower conservability. But if the fruit is harvested too early, its ability to ripen may be insufficient, and it will not be able to go through the correct maturation development.

Importers are dependent on the compromise which may be found to reconcile taste quality and market distribution. Defining an optimum harvest stage is a real challenge, since there are not necessarily any clear visual descriptors indicating with acceptable precision the stage of maturity before maturation of climacteric fruits (known as the preclimacteric stage).

In parallel, with the markets constantly changing, the development of triggering (avocado, mango) becomes singularly complicated: how to be sure that the fruits have reached their ability to ripen? How to adapt the triggering process to the fruit’s stage of maturity, in the knowledge that the batches are heterogeneous?

There are possible alternatives for improving batch homogeneity, but this calls for a high degree of interaction between the production and distribution industries. Eventually, we will need to take into account the changes to cropping techniques on fruit physiology (conservation, metabolism of maturation). We will also need to assess the possibility of sorting fruits using non-destructive measures, to obtain homogeneous batches in order to adapt and ensure the performance of the triggering techniques.



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