



DID YOU KNOW

That bananas and avocados can help ripen other fruit? They release a plant hormone (ethylene gas¹) which **ENCOURAGES THE RIPENING PROCESS** – so keep them away from already ripe fruit or veg!



 CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION

¹<https://www.sciencefocus.com/nature/why-do-bananas-make-fruit-ripen-faster/>

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