

# The secret to helping ripen each fruit with natural ingredients

If you don't buy raw fruit, you can't eat it yet, but remember to follow the fruit ripening method. Fruits are not only ripe but also delicious when you wait until the time is right.

Eating fruits daily is a good habit that everyone should practice. Like green vegetables, fruits provide the body with a large amount of vitamins as well as fiber that is good for the body.

There are countless fruits on the market today, but due to economic benefits, many people often ripen fruits with chemicals, which is very harmful to consumers' health. So buying green fruit for vinegar is the best way to use it. Here are some tips to help ripe fruits quickly without using chemicals, you can check.

## 1. Make nine mangoes



Many people will love to eat green mango with salt and pepper, but ripe mango is also a favorite of many people especially children and the elderly. If you buy green mangoes and you want to quickly ripen mangoes, you can put mangoes in a bucket of rice to help them grow faster.



When the mango is put into a bucket of rice, the rice will preserve ethylene from the mango, so the mango will ripen faster. And after only one night, the mango was ripe and juicy right away. You use a cut knife to find soft mangoes and ripen them evenly.

## **2. Make bananas**