



Some guidelines for reducing the risk of chilling injury on grapefruit exported under extended cold disinfestation conditions

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Citrus in general is known to be sensitive to cold damage (chilling injury) during shipping and storage, but certain cultivars (some soft citrus cultivars, lemons and grapefruit varieties), are particularly prone to chilling injury, especially when exposed to "cold disinfestation" temperatures. It is especially the yellow pigmented citrus cultivars viz. lemons, Marsh grapefruit, and even the yellow areas of Star Ruby and Rose grapefruit which are the most sensitive, as they do not contain the carotenoids which act as anti-oxidants that protect the fruit against Chilling Injury.

The extended cold disinfestation treatment, as recently adopted by China (24 d at -0.6°C), is particularly problematic. It is generally accepted that it is not feasible to export lemons under these conditions. However, whereas grapefruit is also highly sensitive to chilling injury, there are some practices, as summarised in this document, that can be followed to reduce the risk of chilling injury.

Picking window

The South African grapefruit season, in the traditional production areas, extends from the middle of March to the end of June. The picking window for grapefruit is often manipulated in an attempt to access markets early or to extend the season. However, harvesting grapefruit too early in the season, when the fruit rind is still "immature" and also at or beyond the end of the season when the fruit is well coloured and "very mature", is when grapefruit is most sensitive to cold injury. It is a major risk to export such sensitive fruit to markets where cold disinfestation is a requirement.

Thorough maturity indexing is essential to determine the ideal harvesting window. Commencing 5 weeks before anticipated harvest, pick samples of grapefruit (20 - 25

fruit). Mark the representative trees (data trees from different rootstocks, selections, tree ages or microclimates). Evaluate and record average fruit colour and full internal quality assessments. Repeat every week until optimum harvest date, ensuring that the samples are drawn similarly for comparison. Plot the results on a graph to determine whether the season is early or late compared to the previous year, thereby determining the optimal picking window for the specific cultivar.

Commencement of export packing of grapefruit to markets requiring cold disinfestation should start 14 days later, as the rinds will still be too cold sensitive at the beginning of the normal optimal picking window. Harvesting of grapefruit for such "cold-steri" markets should also not be extended beyond the end of the optimal picking window.

Post-harvest wilt conditioning

Conditioning (wilting) trials where Marsh grapefruit (exported to Japan) was "conditioned" for 2, 4 and 6 days at 16°C and 20°C prior to cold treatment, showed a dramatic reduction in the incidence of chilling injury relative to the non-conditioned control fruit. Unfortunately extending the time between packing and introduction into the cold chain can also increase the incidence of post-harvest rind pitting and decay in sensitive fruit. Nonetheless, wilting at ambient for 7 days is part of the standard handling procedure for grapefruit exported to Japan and should be implemented by anybody wishing to risk exporting grapefruit under an extended cold treatment regime.

Post-harvest shock conditioning

Although not developed to the point of being a practical standard recommendation, exploratory trials have indicated that various shock treatments may also be useful in conditioning grapefruit such that sensitivity to chilling injury is reduced. In these trials Marsh grapefruit was shock treated by exposure to a high temperature (35°C) or a high level of CO_2 (10%) for 3 days prior to cold treatment (-0.6°C for 22 days). The incidence of chilling injury was dramatically reduced relative to control fruit that was conditioned through wilting at ambient temperatures for 3d, but the incidence



of decay was increased by the high temperature treatment.

The role of waxes

Research has indicated that heavy waxes that slow breathing (respiration) down and retain a high level of CO₂ (10%+) on the surface of the fruit, reduce the incidence of CI. Unfortunately the use of heavy waxes may increase the incidence of post-harvest rind pitting in sensitive fruit. Nonetheless, the high risk of chilling injury on grapefruit under conditions of extended cold disinfestation, make it appropriate to consider preferentially using such waxes when exporting to markets that require such extended cold treatment.

The role of TBZ

It is known that inclusion of thiabendazole (TBZ) in citrus wax applied to grapefruit can significantly reduce the incidence of chilling injury. Inclusion of TBZ is also a good standard packhouse procedure and should be used if anybody wishes to risk exporting grapefruit under these extended cold disinfestation conditions.

Pre-cooling and Storage

A critical factor affecting the extent of chilling injury of grapefruit, is the duration of exposure to temperatures below 4.5°C. This exposure period is cumulative and can occur during pre-cooling (the period prior to loading during which the temperature of the fruit is reduced to the cold disinfestation level), the cold disinfestation treatment itself and post-shipping storage. Pre-cooling for 3 d is a compulsory component of the disinfestation treatment, but any other pre-loading storage at temperatures below 4.5°C should be avoided. Storage of grapefruit after shipping should be at an "intermediate storage temperature" of 7 to 8°C and should be kept to the minimum necessary duration.