

#### Abstract:

Peach fruit were exposed for 24 h to 20 °C following cold storage every 7, 14, and 21 days, respectively. Results show that intermittent warming (IW) for 24 h at 20 °C every 7 days reduced chilling injury, but the degree of the fruit softening was high, thus shortening storage life. IW for 24 h at 20 °C every 21 days did not reduce chilling injury. Some symptoms of chilling injury were more serious, because the duration of IW exceeded the critical chilling injury time. At this point, chilling injury had developed to the irreversible stage. If these fruit were subsequently moved to an environment with high temperature, the degree of chilling injury was more serious. Warming every 14 days was the most effective warming protocol, because it prevented chilling injury and maintained the fruit's original texture, quality and flavor.