**Introduction:**
At the Post-Harvest lab, we work with Apples, Pears, and Cherries. Our research focus is on the stresses that harm fruit quality, fruit physiology, its traits and postharvest practices.

**Internship Responsibilities:**
During my internship I was able to work under the guidance of Dr. Carolina Torres, Endowed Chair. My main tasks in the lab were to work together with our graduate students and post-doctorates to help ensure their projects ran smoothly. I did a lot of maturity assessment on both apple and pear projects by rating skin color development, change of background color from green to yellow in bi-color cultivar, measuring respiration rate (CO2 production and O2 consumption), internal ethylene production (using a gas chromatographer) starch degradation, soluble solids accumulation (Brix), and titratable acidity concentration. For most of our projects I also collected and froze peel samples in order to extract polar and non-polar compounds for metabolic work led by Dr. Jingi Yoo, postdoctoral scientist.

**Internship Summary:**
Throughout the duration of my internship, I was able to realize how important communication is in a lab workspace. I learned that weekly lab meetings are very important to help all the graduate students as well as the technicians in the lab be on the same page about tasks that need to get done. This also helps us understand which projects we will be working with and running maturity indices on throughout the week. This internship has also helped me realize what it takes to manage and run a project from listening to the graduate students present their projects, going out to the field before and during harvest to all the lab work that goes into it afterwards. My previous experience in agriculture before working here at the post-harvest systems lab was more field based. I had vague knowledge and understanding about the research side of the industry, thankfully it has piqued my interest and appreciation for science and research and has helped me gain a deeper understanding of all the different instruments that are used to accomplish our work here.