



UNIVERSITY OF  
**FLORIDA**

**Cooperative Extension Service**

Institute of Food and Agricultural Sciences

# VEGETARIAN

## A Vegetable Crops Extension Publication

Horticultural Sciences Department • P.O. 110690 • Gainesville, FL 32611 • Telephone 904/392-2134

Vegetarian 95-10

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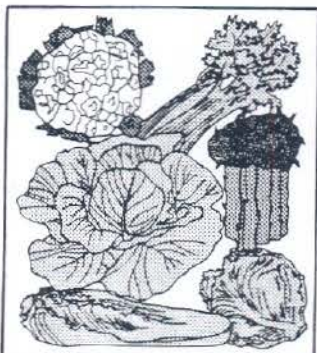
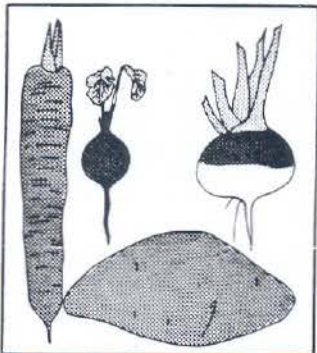
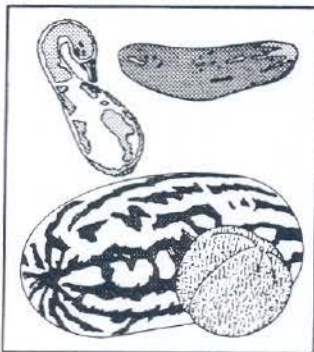
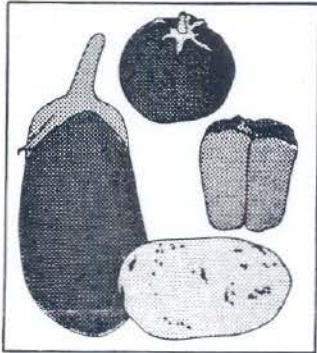
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## I. NOTES OF INTEREST

### A. Vegetable Crops Calendar.

March 7-14, 1996. Florida Postharvest Horticulture Institute and Industry Tour. Contact Steve Sargent, Coordinator.

## II. COMMERCIAL VEGETABLES

### A. E-Mail for County Vegetable Extension Agents.

We are trying to use E-mail more to communicate with the vegetable county faculty. Communication should be faster and more economical with E-mail for memos and notices. There are vegetable agents whose E-mail address is not listed in the IFAS directory. Please mail or FAX your E-mail address to the address listed below so that you will not miss any memos, letters, or information pertinent to your program:

Beth Barber  
Horticultural Sciences Dept.  
PO 110690  
University of Florida  
FAX: 904-392-5653

(Vegetarian, Hochmuth 95-10)

### B. Nantes Carrot Variety Observations on Sandy Soil.

During the winter season of 1994-95, Mark Bassett and George Hochmuth made two plantings of several Nantes carrot varieties. The results of yield, carrot size, and taste observations are presented below. Some varieties produced good yields in one or the other planting and certain varieties performed well in both plantings. Better performing varieties in both plantings included 'HMX 3300', 'HMS 3301', 'Nandrin', 'Primo', 'Bolero', 'CXC 9900', and 'Ingot'.



Table 1. Response of several Nantes carrot cultivars to production on sandy soils near Gainesville, FL., winter 1994-95.

Planting date	Cultivar	Yield (cwt/acre)				Root length(cm)	Root diam.(cm)	Rating <sup>z</sup>		Flavor <sup>x</sup>	Seed source
		Jumbo	Cull	No. 1	Tot. Mkt.			Alternaria	Vigor		
Nov 23	HMX3298	0	22.65	149.14	149.14	16.6	2.74	3	3	3	Harris Moran
Nov 23	HMX3299	0	15.16	123.10	123.10	17.8	2.75	4	2	1	Harris Moran
Nov 23	HMX3300	9.24	23.15	161.66	170.90	15.6	2.75	3.5	3	1	Harris Moran
Nov 23	HMX3301	76.65	4.02	171.00	247.65	20.45	3.46	2	5	2	Harris Moran
Nov 23	HMX3294	10.01	4.81	146.74	156.75	16.45	3.2	4	2.5	1	Harris Moran
Nov 23	HMX3234	26.38	12.64	124.02	150.39	15.5	3	4	2	1	Harris Moran
Nov 23	HMX3300	61.52	19.16	215.21	276.72	19.3	3.3	2	4.5	2	Harris Moran
Nov 23	LUCKYB	28.57	5.32	80.65	109.22	18	2.9	3	2.5	2	Alf Christianson
Nov 23	BOLERO	56.73	1.44	115.93	172.66	19	3.25	1.5	3.5	3	Alf Christianson
Nov 23	PRIMO	3.20	13.84	152.82	156.03	18.45	3.1	3.5	3	2	Alf Christianson
Nov 23	NANDRIN	66.16	13.33	220.21	286.37	20.2	3.14	1.5	5	1	Alf Christianson
Nov 23	INGOT	5.90	4.98	135.47	141.37	20.28	2.95	3.5	2.5	2	Alf Christianson
Nov 23	ICON	2.67	14.49	134.65	137.33	20.3	2.7	2	3	2	Alf Christianson
Nov 23	CXC7105	19.45	30.16	97.93	117.37	20.3	2.95	3	3.5	3	Alf Christianson
Nov 23	CXC3561	19.61	6.28	117.76	137.37	21	3	2	3.5	2	Alf Christianson
Nov 23	CXC9900	36.82	7.27	146.06	182.88	19	3	2	3.5	4	Alf Christianson
Nov 23	CXC1567	44.26	0.75	68.18	112.44	0	0	1.5	4	2	Alf Christianson

continued

Table 1. Response of several Nantes carrot cultivars to production on sandy soils near Gainesville, FL, winter 1994-95.

Planting date	Cultivar	Yield (cwt/acre)				Root length(cm)	Root diam.(cm)	Rating <sup>z</sup>		Flavor <sup>x</sup>	Seed source
		Jumbo	Cull	No. 1	Tot. Mkt.			Alternaria	Vigor		
Nov 23	CXC6107	45.56	14.99	69.82	115.38	17.6	2.9	4	2	1	Alf Christianson
Nov 23	CXC8771	0	16.27	66.86	66.86	18.3	2.25	1	4.5	3	Alf Christianson
Nov 23	MOKUM	40.02	5.90	144.23	184.26	20.45	3.3	5	1	4	Alf Christianson
Dec 14	HMX3298	3.01	59.73	100.82	103.82	17.9	2.7	1.5	3.5		Harris Moran
Dec 14	HMX3299	0	71.72	83.13	83.13	17.25	2.5	3.5	3.5		Harris Moran
Dec 14	HMX3300	0	49.70	105.97	105.97	18.1	2.85	3.5	3		Harris Moran
Dec 14	HMX3301	0	55.23	158.91	158.91	17.4	2.7	2	4		Harris Moran
Dec 14	HMX3294	0	54.78	79.57	79.57	13.7	2.54	4	2		Harris Moran
Dec 14	HMX3234	0	35.52	85.89	85.89	15.4	2.7	3	2		Harris Moran
Dec 14	HMX3300	3.73	54.32	142.96	146.69	16.78	2.95	2.5	2.5		Harris Moran
Dec 14	LUCKYB	6.62	11.82	56.63	63.25	16.9	2.76	2.5	2		Alf Christianson
Dec 14	BOLERO	0	6.57	84.47	84.47	19	2.95	2	2		Alf Christianson
Dec 14	PRIMO	0	58.68	140.26	140.26	18.5	2.55	1.5	3.5		Alf Christianson
Dec 14	NANDRIN	0	34.82	244.09	244.09	19.6	2.8	1.5	1		Alf Christianson
Dec 14	INGOT	0	55.69	106.81	106.81	17.5	2.45	2.5	2.5		Alf Christianson
Dec 14	ICON	0	53.62	80.02	80.02	20.5	2.46	1.5	2		Alf Christianson
Dec 14	CXC7105	0	46.40	106.83	106.83	18.18	2.75	2	2.5		Alf Christianson



continued

Table 1. Response of several Nantes carrot cultivars to production on sandy soils near Gainesville, FL, winter 1994-95.

Planting date	Cultivar	Yield (cwt/acre)				Root length(cm)	Root diam.(cm)	Rating <sup>z</sup>		Flavor <sup>x</sup>	Seed source
		Jumbo	Cull	No. 1	Tot. Mkt.			Alternaria	Vigor		
Dec 14	CXC3561	3.37	32.47	90.44	93.81	20.98	2.9	3	2.5		Alf Christianson
Dec 14	CXC9900	3.20	44.84	128.30	131.50	18.35	2.85	3	2		Alf Christianson
Dec 14	CXC1567	7.00	19.93	121.25	128.25	19.75	2.95	2	3		Alf Christianson
Dec 14	CXC6107	7.00	19.64	89.29	96.29	18.95	2.95	4	2		Alf Christianson
Dec 14	CXC8771	0	31.38	108.13	108.13	18.5	2.8	2	2		Alf Christianson
Dec 14	MOKUM	3.66	36.85	33.69	37.35	17.6	2.36	4.5	4.5		Alf Christianson
Dec 14	BOLERO	0	23.51	181.32	181.32	15.95	2.8	1.5	4	2	Vilmorin
Dec 14	PRIMO	3.44	26.98	154.87	158.31	17.5	2.94	4	3	4	Vilmorin
Dec 14	TINO	0	17.69	194.77	194.77	17.1	3.05	4	3.5	2	Vilmorin
Dec 14	CHEYENNE <sup>y</sup>	0	75.23	116.05	116.05	22.8	2.45	3.5	4	2	Sun Seeds
Dec 14	CONDOR	26.38	63.56	85.29	111.67	19.1	3.1	3.5	2.5	1	Sun Seeds
Dec 14	SUN278	59.20	45.73	123.99	183.20	16.92	3.5	2	4	2.5	Sun Seeds
Dec 14	UNX303	0	53.81	182.40	182.40	21.2	3	1.5	3.5	3	Sun Seeds

<sup>z</sup>Ratings were for Alternaria (1 = none to 5 = severe disease) and for plant vigor (1 = poor vigor to 5 = tall, vigorous plants).

<sup>y</sup>Imperator type carrot.

<sup>x</sup>Flavor rating: 1 = too bland or too strong; 2 = good; 3= sweet; 4 = excellent.

(Hochmuth, Vegetarian 95-10)

### III. VEGETABLE GARDENING

#### A. Sweetpotatoes: Curing Small Batches.

Most sweetpotatoes in Florida today are grown by gardeners. This is due to the prevalence of the sweetpotato weevil and the inability of FDACS to certify the roots shipped out of Florida as "weevil free" due to inadequate controls.

At this time of the year (Oct - Nov) in Florida, gardeners are digging their "crop" and preparing the roots for storage.

Curing is suggested even at the home gardener level. The purpose of curing is to prevent infection of wounds, cuts, and scrapes by disease producing organisms. No matter how carefully the roots are dug, some injury is inevitable, and the wounds need to be healed.

In addition to healing wounds, curing also speeds up internal changes that make the roots more palatable after cooking. Roots that are cooked immediately after digging (raw roots) are less flavorful than those cured and stored for awhile. This change in palatability involves the conversion of starch to sugars and related compounds. Freshly dug raw sweetpotato roots convert less of their starch to sugars during curing than those cured and stored. The conversion begins in curing, continues during storage (at proper temperatures) and peaks during cooking. Of course, there is a varietal difference in the extent to which these conversions occur.

Curing involves the formation of tough corky layers beneath the tender wounded areas by holding the roots at the proper temperature (80-90°F); humidity (85-90% RH), and time interval (4 = 7 days). Extending the curing time beyond 7 days

should not be done, for it leads to excessive sprouting, shrinkage, and shortened storage life.

To accomplish this healing (curing), the gardener may cure a small batch in the following manner:

- 1) grade out and discard rotting and severely damaged roots, selecting the best to cure.
- 2) place selected roots in a ventilated crate or box.
- 3) wash and moisten the roots.
- 4) wrap the crate in plastic; punch holes to ventilate.
- 5) set crate out of full sun in shed or garage.
- 6) let cure for 1 week.
- 7) after 1 wk of curing, remove cover, sort out any decayed roots, store others in cool (55°-60°F), but moist (85-90% RH) place. Do not refrigerate, as internal damage may occur even at 50°F. At 32°, severe chilling injury may result.

Roots that are properly cured usually have a "velvety" feel and may have a few short sprouts.

(Vegetarian, Stephens 10-95)



Prepared by Extension Vegetable Crops Specialists

Dr. D. J. Cantliffe  
Chairman

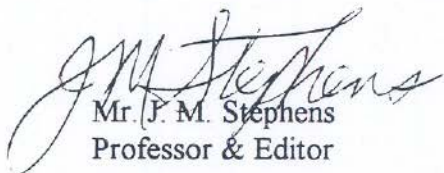
Dr. G. J. Hochmuth  
Professor

Dr. D. N. Maynard  
Professor

Dr. S. M. Olson  
Assoc. Professor

Dr. S. A. Sargent  
Assoc. Professor

Dr. W. M. Stall  
Professor



Mr. J. M. Stephens  
Professor & Editor

Dr. C. S. Vavrina  
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