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I. NOTES OF INTEREST

A. Vegetable Crops Calendar.


September 6, 1995. Tomato Institute, Ritz Carlton, Naples, FL. Contact C. Vavrina, Southwest Florida REC, Immokalee.

II. COMMERCIAL VEGETABLES

A. Chinese Radish

Although common radish is an important commercial crop in Florida, Chinese radish is rarely grown. The plants appear quite different but both types are the same species - Raphanus sativus. The root (hypocotyl + root) of Chinese radish will continue to enlarge as long as growing conditions are suitable. So, roots weighing 20 pounds or more are common. Since radish growth is best in cool weather, it should be grown during late fall, winter, and early spring in central and south Florida.

A small trial was established at the Gulf Coast Research and Education Center in Bradenton by direct seeding on a raised bed at 4 inch in-row spacing on 24 January. Weeds were controlled by hoeing but no pesticides were needed as neither insects nor diseases were detected.

The roots were harvested on 22 March, their diameter measured, and weight obtained. A few roots were judged to be unmarketable because they were misshapen. The following data were obtained:

- Average root diameter = 2.56 in.
- Average root weight = 0.42 lb
- Yield - No. roots/100 row ft = 241
- Wt. roots/100 row ft = 101 lb
- Percent marketable roots = 90%

Root shape varied slightly from globular to flattened globe. External root color was creamy white and internal flesh color was a pleasing rose-pink. We sliced the roots and used them in a mixed raw vegetable plate with dip. The roots are spicy, but not pungent.

Chinese radish grew well under west central Florida winter conditions, was pest free, and produced a high proportion of quality roots. A more extensive trial is planned for winter 1996.

(Maynard, Vegetarian 95-06)
Morning Session
Moderator - Ken Shuler, Palm Beach County Agricultural Agent

9:00 Introductory Remarks - Dr. Richard Jones, Dean of Research

9:15 Competition with Mexico - W. Hawkins (FL Tomato Committee)


9:55 Regulations and the Regulators - R. Carriker (Food & Resource Econ., Gainesville)

10:15 Changes in Tomato Spray Schedules--Long or Short Term Solution? - M. Lamberts (Dade County Extension)

10:35 WPS Grower Compliance Strategies - P. Gilreath (Manatee County Extension)

10:55 N Scheduling on Drip & Sap Testing - G. Hochmuth (Hort. Sci., Gainesville)

11:15 Late Blight of Tomato and Potato...or Who's on First? - P. Weingartner (AREC, Hastings)

11:35 Management of Bacterial Wilt of Tomato - D. Chellemi (NFREC, Quincy)

11:55 LUNCH

Afternoon Session
Moderator - Suzanne Cady, Hillsborough County Agricultural Agent

1:30 European Tomato Industry - S. Bures (IRTA, Barcelona, Spain)

1:55 The Use of Mating Disruption to Control Tomato Pinworm, Keiferia lycopersicella - S. Swanson (Collier County)

2:15 Silverleaf Whitefly Management: What's to Come? - P. Stansly (SWFREC, Immokalee)

2:35 Admire in the Plant House - C. Vavrina (SWFREC, Immokalee)

2:55 Pathogenic Variation Within Xanthomonas campestris pv. vesicatoria. - J. Jones (GCREC, Bradenton)

3:15 Bacterial Spot Resistance Breeding - J. Scott (GCREC, Bradenton)

3:30 Outlook for TMoV and TYLCV Resistance Breeding - J. Scott (GCREC, Bradenton)

3:45 Industry Update - 5 min. presentations on what's new

4:15 Adjourn
### III. VEGETABLE GARDENING

#### A. “Non-vegetable” Vegetables.

**Unusual parts**

The culinary reputation of most vegetables is based primarily on the edible qualities of one or sometimes two primary parts of the plant. For example, the tomato is the leading garden vegetable due to the popular appeal of its fruit, while the turnip contributes both its root and its leaves as tablefare. For home gardeners who grow and have the entire vegetable plant at their disposal, other plant parts may be edible, although perhaps not so tasty as the main product. For non-gardeners, however, there is little option for eating parts other than those offered for sale.

The following is a list of ordinary garden vegetables with both commonly eaten parts and less frequently eaten parts. Obviously, in a list such as this, there may be quite a few omissions.

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>COMMON EDIBLE PART</th>
<th>OTHER EDIBLE PARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, snap</td>
<td>pod with seeds</td>
<td>leaves</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>seeds</td>
<td>pods, leaves</td>
</tr>
<tr>
<td>Beets</td>
<td>root</td>
<td>leaves</td>
</tr>
<tr>
<td>Broccoli</td>
<td>flower head</td>
<td>leaves, flower stem</td>
</tr>
<tr>
<td>Carrot</td>
<td>root</td>
<td>leaves</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>immature flower</td>
<td>flower stem, leaves</td>
</tr>
<tr>
<td>Celery</td>
<td>leaf stems</td>
<td>leaves, seeds</td>
</tr>
<tr>
<td>Corn, sweet</td>
<td>seeds</td>
<td>young ears, unfurled tassel, young leaves</td>
</tr>
<tr>
<td>Cucumber</td>
<td>fruit with seeds</td>
<td>stem tips and young leaves</td>
</tr>
<tr>
<td>Eggplant</td>
<td>fruit with seeds</td>
<td>leaves edible but not flavorful</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>swollen stem</td>
<td>leaves</td>
</tr>
<tr>
<td>Okra</td>
<td>pods with seeds</td>
<td>young leaves</td>
</tr>
<tr>
<td>Onions</td>
<td>root</td>
<td>young leaves</td>
</tr>
<tr>
<td>Peas, English</td>
<td>seeds</td>
<td>pods, leaves</td>
</tr>
<tr>
<td>Peas, Southern</td>
<td>seeds, pods</td>
<td>young leaves</td>
</tr>
<tr>
<td>Pepper</td>
<td>pods</td>
<td>leaves after cooking, immature seeds</td>
</tr>
<tr>
<td>Potatoes, Sweet</td>
<td>roots</td>
<td>leaves and stem shoots</td>
</tr>
<tr>
<td>Radish</td>
<td>roots</td>
<td>leaves</td>
</tr>
<tr>
<td>Squash</td>
<td>fruit with seeds</td>
<td>seeds, flowers, young leaves</td>
</tr>
<tr>
<td>Tomato</td>
<td>fruits with seeds</td>
<td>leaves contain alkaloids</td>
</tr>
<tr>
<td>Turnip</td>
<td>roots, leaves</td>
<td>------</td>
</tr>
<tr>
<td>Watermelon</td>
<td>fruits-interior pulp and seeds</td>
<td>rind of fruit</td>
</tr>
</tbody>
</table>
Although many of the secondary plant parts are edible, their popularity as food items is diminished by lack of proper flavor or unfavorable texture. For example, the leaves of practically all the cabbage family are edible, but the strong flavors of some species are disagreeable or too strong for most people's tastes.

The edible leaves and stem tips of sweet potato vines are well known in many parts of the world. Often considered a poor man's food, sweet potato foliage has a rich protein content that helps supplement the nutritional value of the roots.

As for all vegetable parts, there is a great deal of variation within varieties in flavor and culinary characteristics of these secondary parts. For example, some sweet potato stem tips in certain varieties are bitter with a resinous flavor that is too strong.

Quite often, cooking is necessary to make the parts edible. Raw leaves eaten fresh may even be slightly toxic in some cases.

Unusual Vegetables

The determination of the status of a particular plant or species as to the commonality of its usage is at best debatable. Is it a common vegetable? Is it of minor importance? If so, to whom, and if not so, to whom? Is it even a vegetable at all. Does it even matter? What seems most important is the edibility of plant parts of any species in the context of a vegetable.

There are the edible wild plants. For those interested in edible use of weeds and wild plants such as cat-tails, bladderworts, and the mushrooms of the woods, it is best to purchase one of the many books written on the subject. The caution to be observed here is to know the authority of the writer before taking a chance on a certain species. Know how to identify it or how to determine the proper stage of edible maturity of the part, color, plant part (seeds, root, etc). One must be quite sure of one’s knowledge of botany before risking a chance mistaken identity when it comes to deadly nightshade or mushrooms.

Three references on the subject of wild plants for food use are:


(b) "Stalking the Wild Asparagus", by Euell Gibbons (1962).

c) "Edible Leaves of the Tropics" by F. W. Martin and R. M. Ruberte.

To make sure no plant, common or otherwise, is left out, the reader is referred to the following list of references on vegetables, both tropical and temperate.

1. Vegetables of the Dutch East Indies (1931). A collector's item - covers vegetables used as pot herbs as well as tubers, bulbs, rhizomes, and spices.


8. Useful Plants of The Philippines (Brown, 1951).

9. List of Foods Used in Africa (Claude, 1967). 4000 items are included, over 1000 vegetables are listed.


13. World Vegetables (Yamaguchi, 83).


18. The Vegetable Book (Lovelace, 1972).


(Stephens, Vegetarian 95-06)

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