

Endive and Escarole

Revised 2008

Thermal Properties

	English	Metric
Moisture, %	93.79	--
Protein, %	1.25	--
Fat, %	0.20	--
Carbohydrate, %	3.35	--
Fiber, %	3.10	--
Ash, %	1.41	--
Specific Heat Above Freezing	0.97 Btu/lb*°F	4.07 kJ/(kg*K)
Specific Heat Below Freezing	0.40 Btu/lb*°F	1.69 kJ/(kg*K)
Latent Heat of Fusion	135 Btu/lb	313 kJ/kg

Storage Conditions

Temperature	32°F (0°C)
Relative Humidity	95-100%
Storage Period	2 to 3 weeks
Freezing Point	31.9°F (-0.1°C)

Endive and escarole are not well adapted for long-term cold storage and cannot usually be held for more than 2 to 3 weeks even under optimum storage conditions. Storage life at 41°F (5°C) is only about half this long. These products are very sensitive to water loss, so storage relative humidity should be maintained at 95-100%. One benefit of storage is that a certain amount of blanching takes place.

Vacuum cooling, hydrovac cooling or hydro-cooling can help maintain fresh appearance. It is recommended that potable water chlorinated at 50 ppm, or pH 7, be used in order to avoid transfer of decay and pathogenic organisms to the products. The storage requirements for endive and escarole closely resemble those for Lettuce. Exposure to ethylene will cause brown spots on the midribs as in lettuce.

Storage conditions for Belgium endive or witloof chicory are similar except that they should not be exposed to light. The cream-yellow color of the dark-green heads will quickly turn green and bitter when exposed to light.

Diseases

Bacterial Soft Rot	<p>Water-soaked appearance, softening, and breakdown of tissues, sometimes with a putrid odor.</p> <p>Control: Careful handling and prompt cooling to 32°F (0°C).</p>
Marginal Browning	<p>For endive, brownish discoloration of edges and tips of blanched heart leaves and very small reddish-brown spots or streaks in the fleshy midrib. For escarole, browning, drying, and partial blackening occur on the tips of outer leaves, but center leaves are rarely, if ever, affected.</p> <p>Control: Marginal browning is a sign of senescence, or aging. Prompt cooling and storage near 32°F (0°C) will slow its development.</p>
Watery Soft Rot	<p>Soft, watery, leaky decay, usually first on stem and lower leaves; light or pinkish-brown without characteristic odor. White fungus growth with scattered bluish-black bodies called sclerotia.</p> <p>Control: Field control essential, followed by prompt cooling to 32°F (0°C). The fungus grows slowly at temperatures below 50°F (10°C).</p>

WFLO is indebted to Dr. Jeff Brecht, Institute of Food and Agricultural Sciences, University of Florida, for the review and revision of this topic.