

# Salsify (Vegetable Oyster)

Revised 2018

## Thermal Properties

	English	Metric
Moisture, %	77.00	--
Protein, %	3.30	--
Fat, %	0.20	--
Carbohydrate, %	18.60	--
Fiber, %	3.30	--
Ash, %	0.90	--
Specific Heat Above Freezing	0.87 Btu/lb*°F	3.65 kJ/(kg*K)
Specific Heat Below Freezing	0.49 Btu/lb*°F	2.05 kJ/(kg*K)
Latent Heat of Fusion	110 Btu/lb	257 kJ/kg

## Storage Conditions

Temperature	32°F (0°C)
Relative Humidity	95 to 98%
Storage Period	3 to 4 months
Freezing Point	29°F (-1.7°C)

Salsify resembles topped carrots in most aspects of its cold storage requirements. Slight freezing does not injure salsify, but the roots should not be handled while in the frozen condition. Severely frozen salsify roots become flabby and discolored brown or black after thawing; on being cut, they have a water-soaked appearance.

Salsify roots are not usually precooled, but optimum storage is achieved at near 32°F (0°C) with high relative humidity (RH) of 95 to 98%. High RH is a must since salsify is highly sensitive to shriveling from moisture loss. Losses from shriveling can be minimized if perforated film crate liners are used during storage and perforated film bags, such as used for carrots, are used during marketing. At 32°F (0°C) and high RH, salsify should keep 3 to 4 months.

Black salsify (*Scorzonera*) stores well at 30 to 32°F (-1.1 to 0°C). Extended storage of 6 months is reported to be possible with a controlled atmosphere of 3% oxygen plus 3% carbon dioxide at 32°F (0°C).

For more information on storage diseases and disorders, see **Carrots** elsewhere in this manual.

---

WFO is indebted to Dr. Jeff Brecht, Horticultural Sciences Department, University of Florida, for the review and revision of this topic.