



# HARVESTING YOUR GARDEN

A plant-centric harvest guide: Harvest basics

Getting to know your plants will help you harvest most effectively. While harvesting, you will find that we often eat only one part of a plant we grow. Knowing the edible parts of the plant can help you plan for harvest, preparation, and potential storage of the yield. Once harvested, sun and heat will wilt your vegetables. Here is a quick guide of how to harvest various edible plant parts:

## Roots

**Example crops:** Carrots, radishes, beets, turnips

**Harvest methods and tools:** Pull from the ground by hand. You may need a shovel to loosen soil around roots.

**Preparation and eating basics:** Wash roots clean. Slice roots with a knife and cutting board to share.

**Will these veggies keep well after harvest?** Roots will stay crisp if they are washed and refrigerated. They soften in sun and heat.



## Stems or Shoots

**Example crops:** Celery, kohlrabi, pea shoots, chard stem

**Harvest methods and tools:** If tender, harvest by hand. Sturdy stems will require a knife or scissors.

**Preparation and eating basics:** Wash stems if dirty. Slice stems with a knife and cutting board to share, or enjoy whole.

**Will these veggies keep well after harvest?** Stems will stay crisp if they are washed and refrigerated. They soften in sun and heat.



## Leaves

**Example crops:** Lettuce, kale, spinach, chard leaf

**Harvest methods and tools:** Harvest larger leaves by hand. Cut leaves from young plants.

**Preparation and eating basics:** Wash salad greens with a salad spinner. Dressing can add flavor.

**Will these veggies keep well after harvest?** Leaves will stay crisp if they are washed and refrigerated. They wilt quickly in the sun and heat.



## Flower

**Example crops:** Broccoli, nasturtium, cauliflower

**Harvest methods and tools:** Pinch flower stem with hand, or cut with a knife.

**Preparation and eating basics:** Check flowers for bugs as they provide many hiding places. Wash sturdy flowers such as broccoli.

**Will these veggies keep well after harvest?** Delicate flowers should be eaten immediately. Sturdy flowers, like broccoli, will keep for several days if washed and refrigerated.



## Fruit

**Example crops:** Tomato, squash, cucumber

**Harvest methods and tools:** Ideal harvest windows may be brief. Some fruits require a knife to harvest.

**Preparation and eating basics:** Fruits vary widely. Many are eaten raw. Some fruits require cooking.

**Will these veggies keep well after harvest?** Fruits may vary widely. Most keep well, but many are best eaten raw in the garden.



## Seed

**Example crops:** Sunflower seeds, coriander seeds

**Harvest methods and tools:** Harvest easily by hand

**Preparation and eating basics:** Some seeds may need to be protected from scavengers. Many are eaten raw or toasted.

**Will these veggies keep well after harvest?** Seeds keep well if dried or if they have a shell.

