

Basil

How do I know BASIL is ready to harvest?

- Plants will be at least 10 inches tall

How do I harvest BASIL?

- Basil leaves grow in sets, opposite each other
- Pick or cut the basil plant right above the second set of leaves
- If you see flowers on the plant, pinch them off to encourage the plant to keep growing



Beans (pole and shelling)

How do I know BEANS are ready to harvest?

- Bean size depends on the variety. Ask a farmer or educator to tell you what size beans are ready for harvest



How do I harvest BEANS?

- Hold the vine with one hand
- Hold the top of the bean with your other hand and pluck it from the vine
- Be careful not to hurt the plants because they can keep growing beans if they stay healthy!



Beets

How do I know BEETS are ready to harvest?

- Leaves will be large and healthy
- Beet root will be 2-3 inches across – you might be able to see the top of the beet root just coming above the soil surface



How do I harvest BEETS?

- Firmly grip the leaves, as close to the beet root as possible, and pull gently



Carrots

How do I know CARROTS are ready to harvest?

- Healthy green tops
- Since carrots grow underground, you might have to pull one or two carrots to find out if they are ready for harvest



How do I harvest CARROTS?

- Use digging fork to loosen the soil, making sure to use it near the carrots but not close enough to cut them
- Firmly grip the tops, as close to the carrot as possible, and pull gently

Corn

How do I know CORN is ready to harvest?

- Ears will be firm and all kernels should be plump
- Silk sticking out at the top is brown and dead

How do I harvest CORN?

- Pull the ear down and out to remove from stalk
- Break off any extra stem



Cilantro

How do I know CILANTRO is ready to harvest?

- Plants are about 4 inches tall with nice green leaves

How do I harvest CILANTRO?

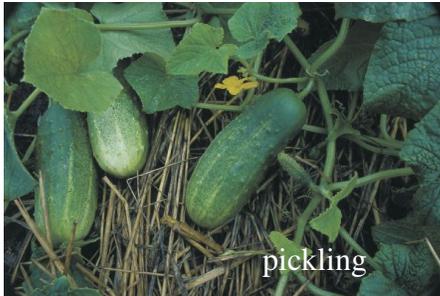
- Cut or pinch off the longest stems as close to the bottom as you can



Cucumbers (slicing and pickling)

How do I know CUCUMBERS are ready to harvest?

- 6-10 inches long and 1-2 inches thick (Slicing)
- 3-5 inches long (Pickling)



How do I harvest CUCUMBERS?

- Search through the plants (cucumbers like to hide!)
- Pinch the stem to detach the cucumber from the vine

Fennel

How do I know FENNEL is ready to harvest?

- Look at the white fennel bulb. Is it filled out and rounded?
- You can pick fennel whenever it looks big enough to eat!

How do I harvest FENNEL?

- Push plant a little bit to the side and cut at the root, right below the white bulb



Ground Cherries

How do I know GROUND CHERRIES are ready to harvest?

- Husks will be tan and fruit inside will be golden
- Only the fruit that have dropped from the plant are ready

How do I harvest GROUND CHERRIES?

- Search underneath the plants and collect the fruit on the ground



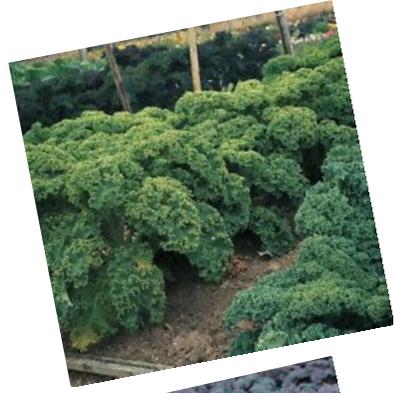
Kale

How do I know KALE is ready to harvest?

- Plants are usually about 15-18 inches tall with large bottom leaves

How do I harvest KALE?

- Snap off the largest leaves from the stalk
- Leave smaller leaves at the top for harvesting in the future
- Remove any dead or yellow leaves from the bottom of the plant to keep it healthy and putting all energy into making new, green leaves!



Parsley

How do I know PARSLEY is ready to harvest?

- Plants will be bushy, and about 10 inches tall

How do I harvest PARSLEY?

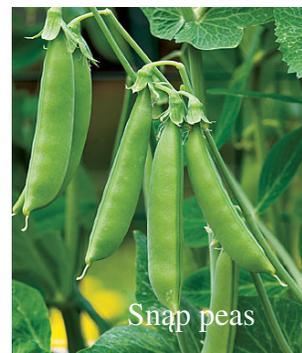
- Pick the largest stalks and pick off from the base of the plant



Peas (snap peas and snow peas)

How do I know SNAP PEAS are ready to harvest?

- Bright Green
- Smooth Skin (wrinkly skin means they are over ripe!)
- Pod will be fat and filled out with peas (but not so full that the peas make individual lumps on the surface of the pod)



How do I harvest SNAP PEAS?

- Hold the vine with one hand
- Hold the top of the pea pod with your other hand and pluck it from the vine



Peppers

How do I know PEPPERS are ready to harvest?

- Size and color tell us when peppers are ready to harvest
- Different varieties look different when ripe - ask a farmer or an educator what the peppers will be used for to decide when to pick them

How do I harvest PEPPERS?

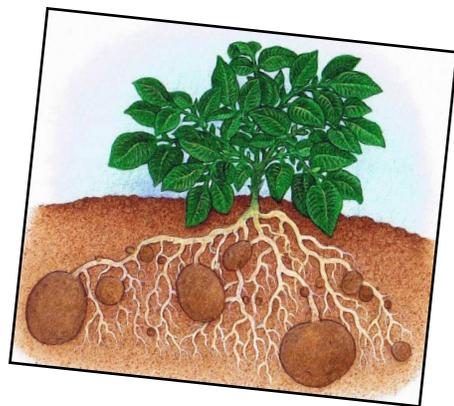
- Hold the stem between your thumb and first finger and pick off the plant



Potatoes

How do I know POTATOES are ready to harvest?

- Potatoes grow underground so you can look for clues above ground to know they are ready
- The vines and leaves of the potato plant will die back and become dry and brown
- Underground the potatoes should be ready for harvest!



How do I harvest POTATOES?

- Find the plant (it will be brown and dead)
- Use your hands to dig underneath at least 6 inches to find the potatoes

Pumpkins

How do I know PUMPKINS are ready to harvest?

- Pumpkins are usually ready in early fall
- Make sure that all the vines have died back

How do I harvest PUMPKINS?

- Clip the stem with clippers to detach pumpkin from the vine



Strawberries

How do I know STRAWBERRIES are ready to harvest?

- Berries will be evenly red all around
- Berries will be a little bit soft

How do I harvest STRAWBERRIES?

- Gently pinch the berries off the stem
- Make sure the green top stays attached to the berry



Squash (yellow and patty pan)

How do I know SQUASH are ready to harvest?

- 4-7 inches long (Yellow)
- 2-3 inches in diameter (Patty Pan)
- Skin will be tender

How do I harvest SQUASH?

- Be very careful. Vines are prickly!
- Gently lift the ripe squash and cut the stem to remove squash from vine



Swiss Chard

How do I know SWISS CHARD is ready to harvest?

- Largest leaves will be 8-12 inches long

How do I harvest SWISS CHARD?

- Use your thumb to find where the stem meets the stalk at the base of the plant and snap off the largest, outer leaves
- Leave smaller leaves in the middle for harvesting in the future



Cherry Tomatoes

*How do I know **CHERRY TOMATOES** are ready to harvest?*

- Every variety looks different when it is ready!
- Ask a SF Farmer or Educator to help figure out which are ready

*How do I harvest **CHERRY TOMATOES**?*

- Gently pluck the ripe tomato from the vine

