

URBAN FOOD SYSTEM PROJECTS

HARVEST GUIDE FOR GARDEN PRODUCE

	Potatoes	Cucumbers	Melons	Summer Squash	Winter Squash	Peas	Beans	Turnips
Harvest Time & Tips	Early morning	Early morning	Early morning	Early morning, firm shiny fruits, 4-6" long	Early morning	Early morning, crisp, tender, green pods	Early morning, seeds immature; crisp pods	Early morning, firm heavy roots with good color
Temp and storage until market	Store at 50-70F in a dry, dark place; do not ice	Store at 50-55F do not ice	honeydew 45-50, cantaloupe 38-41, watermelon 55-60; do not ice	Store at 50F; do not ice	Store at 50-55F in a dry, dark place; do not ice	Store at 32F. Can be iced	Snap 38-42F, lima 40-45 F; do not ice	Store at 32F, can be iced
Storage at market or for transport	dry storage bin	avoid bruising or damaging fruit	avoid bruising or damaging fruit	careful packaging to avoid bruising	careful packaging to avoid bruising	cool but dry	cool but dry	in cooler on ice
Preparation & Sanitation	wash	wash if necessary	wash if necessary	wash if necessary, avoid bruising fruit at bottom of basket	wash if necessary, avoid bruising	wash if necessary	wash if necessary, high respiration rate	wash, can remove and bunch greens separately
Unit Definition	by the lb	solo	solo	solo	solo	pint	pint	bunch
	or solo	unless small				full container	full container	5 to 7
Average Weight	6-10 ounces	8 ounces	varies by type	12 ounces	1 lb 8 ounces	7 ounces	8 ounces	1 lb 4 ounces
Estimated Price								



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	Beets	Carrots	Garlic & Onions	Green Onions	Radishes	Berries	Cut Flowers
Harvest Time & Tips	Early morning, firm roots 1.5-3" diameter	Early morning, tender, crisp sweet, deep color	Early morning	Early morning	Early morning	Very delicate and easily damaged	Use sharp knife, put in cool water ASAP
Temp and storage until market	Store at 32F, can be iced	Store at 32F, can be iced	Store at 32-34F, in a dark, dry place	Store at 32F, can be iced	Store at 32F, can be iced	Store at 32F, do not ice	do not ice
Storage at market or for transport	in cooler on ice	in cooler on ice	dry storage bin	in cooler on ice	in cooler on ice	avoid bruising or damaging fruit	in cooler - no water or in buckets with water
Preparation & Sanitation	wash, can remove and bunch greens separately	wash, can remove greens OR leave for interest/eating	clean by wiping off excess dirt, peel off loose dirty skin layers	clean by wiping off excess dirt, peel off loose dirty skin layers	wash, bunch with greens	wash if necessary	don't wash, high respiration, keep away from fruits/veggies
Unit Definition	bunch	bunch	head (garlic) or lb (onion)	bunch	bunch	pint	5 gal buckets, canning jars
	5 to 7	5 to 7		3 if lg, 5-7 if sm	5 to 6	NA	12-18 stems
Average Weight	1 lb	1 lb	2-4 ounces (garlic), 8-10 ounces (onion)	4 ounces	7 ounces	NA	NA
Estimated Price							

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	Broccoli	Cabbage	Collards	Greens kale, chard, asian, mustards	Spinach	Lettuce	Basil	Cilantro	Parsley
Harvest Time & Tips	Early morning, flower buds developed but tight	Early morning, crisp firm compact heads	Early morning, leaves; fresh, green, young, tender	Early morning, leaves; fresh, green, young, tender	Early morning, leaves; fresh, dark green, crisp, tender	Early morning, heads: compact, fresh, crisp	Early morning, younger growth, no flowers	Early morning, more leaf less stem	Early morning
Temp and storage until market	Store at 32F, can be iced	Store at 32F, can be iced	Store at 32F, can be iced	Store at 32F, can be iced	Store at 32F, can be iced	Store at 32F, can be iced	Store at 50-55F, do not ice	Store at 33F, do not ice	Store at 32-36F, can be iced
Storage at market or for transport	in cooler with ice	in cooler with ice	in cooler with ice	in cooler with ice	in cooler with ice	in cooler on ice	vases or jars in water	vases or jars in water	vases or jars in water
Preparation & Sanitation	wash if necessary	pull off dirty leaves	cut stems if necessary, pull off damaged leaves, double wash if needed. Soak stems in cold water	cut stems if necessary, pull off damaged leaves, double wash if needed. Soak stems in cold water	handle gently, dunk in cold water to remove field heat	handle gently, dunk in cold water to remove field heat	handle gently, dunk in cold water to remove field heat	harvest before bolts to flowers, intact roots keep longer	wash, leave at least 1.5 inch crown for regrowth
Unit Definition	head or bunch if small	head	bunch	bunch	pint or bunch	pint or head	small bunch	small bunch	small bunch
	1-3 heads	1	11-15 stems	11-15 stems	full container	head or full container	quarter diameter	nickel diameter	nickel diameter
Average Weight	.9 lb	1.3 lb	.75 lb	.75 lb (chard .5 lb)	.5 lb	.5 lb dry	1 ounce	3/4 ounce	1 ounce
Estimated Price									

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	Cherry Tomatoes	Tomatoes (salad & paste)	Sweet Corn	Tomatillos	Eggplant	Okra	Bell Peppers	Hot Peppers
Harvest Time & Tips	Early morning	Early morning	Early morning	Early morning	Early morning	Early morning, before turn woody, 1/5-2" long	Early morning, crisp firm and shiny	Early morning, crisp firm and shiny
Temp and storage until market	Store at 55-70F, do not ice	Store at 55-70F, do not ice	Store at 55-70F, do not ice	Store at 62-68F, do not ice	Store at 55-70F, do not ice	Store at 45-50F, do not ice	Store at 45-55F, do not ice	Store at 45-50F, do not ice
Storage at market or for transport	small containers	single layer to avoid bruising	in cooler with ice, or dry storage bin	single layer to avoid bruising	padded box, avoid bruising	avoid bruising or damaging	avoid bruising or damaging	avoid bruising or damaging
Preparation & Sanitation	rinse if necessary	rinse if necessary	wipe off dirt, leave in husks	leave in husks	wash if necessary	none	wash if necessary	wash if necessary
Unit Definition	pint	by the lb	solo	pint	solo	pint	solo	solo
	full container	or solo		full container	unless small	full container	unless small	NA
Average Weight	14 ounces	8-12 ounces	12 ounces	8 ounces	12 ounces lg	8 ounces	5-7 ounces	NA
Estimated Price								

