

VEGETABLE HARVEST CHART

For all produce – Bring a container to the garden for the produce as well as any tools needed, like a clipper, harvest knife or trowel. Keep items out of direct sunlight while picking and move to a cool sheltered place as soon as possible. If “ideal” storage conditions are not possible, use the best conditions available.

Crop	Harvest frequency per plant/patch	Time of day	Part to take	Edible parts	What to look for	Tool Needed	Immediate post harvest needs
Artichoke	every 2-3 days	any	bud & 1-2" of stem	bract bases, heart, tender stems	bud full but tight at any size	clippers/knife	none
Asparagus	every other day	any	whole shoot	all except tough base	shoot "scales" swell	clippers/knife	rinse & refrigerate
Beans, snap	every other day	any	bean pod	all	full size - varies by variety, pods tender, seeds undeveloped	none	bag & refrigerate
Beans, fresh-shelling	every 3-4 days	any	bean pod	beans	plump beans; pods slightly green	none	none
Beans, dry	1 to 3 times	any	bean pod	beans	hard beans; dry pods	none	none
Beets	once/weekly	any	whole plant	roots & greens	thin out largest to let others develop	none	wash & refrigerate
Broccoli	main head once; side shoots every 2-3 days	any	head, tender stems & leaves	florets, side shoots peeled stems, tender leaves	buds just starting to swell, keep flowering shoots pruned	clippers/knife	rinse & refrigerate
Brussels sprouts	every 2-3 days	any	sprouts & top "cabbage"	sprouts & top "cabbage"	full, tight "sprouts"	none	rinse & refrigerate
Cabbage	once/weekly	any	head	all except tough outside leaves and core	firm head	strong knife or large clippers	none
Carrots	once/weekly	any	whole plant	roots	full color & adequate size	trowel or fork	wash & refrigerate
Cauliflower	once/weekly	any	head & inside leaves	all except tough core	head full size but tight	strong knife or large clippers	rinse & refrigerate
Chard	as needed	AM or PM	outside leaves cut close to main stem	stem & leaf	take no more than half the full-sized leaves	small knife or clippers	rinse & refrigerate
Corn, sweet	once or twice	AM or just before eating	ears	kernels	brown silks, kernels filled out & milky	none	sprinkle & refrigerate; eat soon
Cucumbers	every other day	any	fruit	whole fruit	fruit filled out but seeds not developed	none or clippers	none
Eggplant	every 2-3 days	any	fruit	fruit without cap	full size, glossy, seeds white if present	clippers	none
Garlic, bulb & shallots	once	any	whole plant	cloves	bottom leaves brown; cloves differentiated	shovel or fork	cure out of direct sunlight and humidity
Garlic, green	once/weekly	any	whole plant	shaft & tender greens	1/2-3/4" thick stems	trowel or fork	rinse & refrigerate
Kale	as needed	any	outside leaves, cut close to main stem	greens without midribs	take no more than half the full-sized leaves	snap or clip by hand	rinse & refrigerate

Crop	Harvest frequency per plant/patch	Time of day	Part to take	Edible parts	What to look for	Tool Needed	Immediate post harvest needs
Kohlrabi	once/weekly	any	whole plant	peeled bulb & tender greens	golf to tennis ball size bulbs	clippers	rinse & refrigerate
Leek	once/weekly	any	whole plant	white part and tender greens	1/2 -1 1/2 thick stems	trowel or fork	rinse & refrigerate
Lettuce, head & escarole	once/every 2-3 days	early AM	leaves or head	outer leaves or whole head	heart filled out	clippers/knife	wash & refrigerate
Lettuce, salad mix	every 2-14 days	early AM	cut 3-5" but leave growing tips	leaves	3"-5" tall leaves	scissors	rinse & refrigerate
Melon, Cantaloupe & Gallia types	every day	any	fruit	fruit	fruit "slips" from vine; background color loses green	none	rinse & refrigerate
Melon, Honeydew & Canary types	every other day	any	fruit	fruit	color change to cream or brighter yellow	clippers	none
Green Onions, Scallions	once/week	any	whole plant	shaft & tender greens	1/2-3/4" thick stems	trowel or fork	rinse & refrigerate
Onion, bulb	once		whole plant	bulb	outside leaves yellow/brown; bulbs full	none	cure out of direct sun & humidity
Parsnips	once/week	any	whole plant	roots	1-2" wide tops	shovel or fork	wash & refrigerate
Peas, snap	every 3-4 days	any	Pods	whole pod and pea	peas full size; pods bright green	none	rinse & refrigerate
Peas, snow	every 3-4 days	any	Pods	whole pod and pea	before pea seed develops	none	rinse and refrigerate
Pea, shelling	every 3-4 days	any	Pods	peas only	peas full size and sweet	none	rinse and refrigerate
Peppers, sweet & chili	every 3-4 days	any	fruit	fruit without seeds and stem	green is unripe, will turn color when fully ripe	clippers	rinse and refrigerate
Potatoes	once	any	tubers	tubers	tops die back	fork or shovel	cure dry dark; room temp
Pumpkins & winter squash	1 to 3 times	any	fruit with 1-2" stem	meat & seeds	full color; leaves die back; stem hardens	clippers	none
Radish	every 3-4 days	any	whole plant	root & greens	thin out largest to let others develop	none	none
Spinach	every 3-4 days	AM	leaves or head	leaves	full size leaves	clippers	wash
Squash, summer	every day	any	fruit	fruit, flowers	flower at end wilts; desired size	small knife or clippers	rinse & refrigerate
Tomatoes	every 2-3 days	any	fruit	fruit	ripe color; varies by variety	clippers for larger variety	do not refrigerate
Turnip	every 3-4 days	any	whole plant	1-3" roots, greens	thin out largest to let others develop	none	bag & refrigerate
Watermelon	every other day	any	fruit	fruit	leaf closest to fruit attachment turns brown	clippers	none

