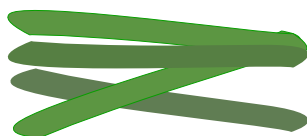# Interfaith Food Pantry Network

PRODUCE HARVEST GUIDELINES

ASPARAGUS

HARVEST WHEN SPEARS ARE 5-8 IN. LONG. SNAP OFF AT GROUND LEVEL.

GREEN BEANS

HARVEST WHEN POD IS 4 TO 7 IN. LONG. AND WHEN DIAMETER IS A LITTLE FATTER THAN A PENCIL.

SWEET PEPPERS

HARVEST WHEN THEY ARE FIRM AND HAVE REACHED THEIR DESIRED COLOR.
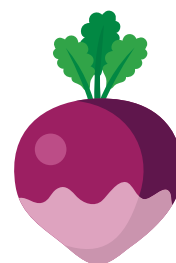
HOT PEPPERS

HARVEST WHEN THEY ARE FIRM AND HAVE REACHED THEIR DESIRED COLOR. PLEASE LABEL.
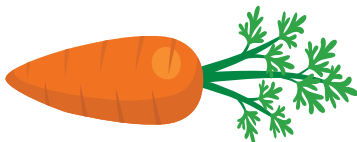
BROCCOLI

HARVEST WHEN HEADS ARE NICE GREEN COLOR AND FLORETS ARE CLOSE TOGETHER.

BEETS

HARVEST WHEN BEETS ARE 2-3 INCHES IN DIAMETER.

CARROTS

HARVEST WHEN THE TOPS OF THE CARROT ROOTS ARE ABOUT 3/4 TO 1 IN. IN DIAMETER AND TOPS ARE STARTING TO POP OUT OF THE GROUND.

CABBAGE

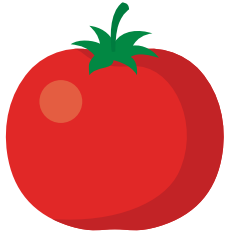HARVEST WHEN HEADS ARE FIRM ALL THE WAY THROUGH WHEN SQUEEZED. NOT TOO LARGE.

CAULIFLOWER

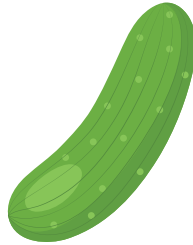HARVEST WHEN HEADS ARE WHITE AND FLORETS ARE CLOSE TOGETHER.
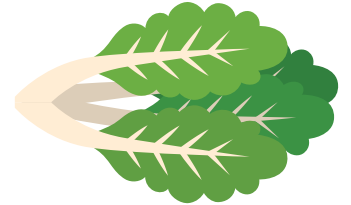
PRODUCE HARVEST GUIDELINES

TOMATOES

HARVEST WHEN TOMATO IS BRIGHT RED AND FIRM. NO SPLITS OR CRACKS.

CUCUMBERS

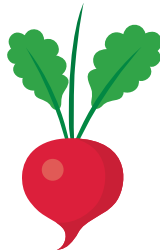HARVEST WHEN CUCUMBER IS DARK GREEN AND 5-7 IN. LONG.

LETTUCE

HARVEST WHEN FULL SIZE, BUT JUST BEFORE MATURITY. IT TASTES BEST WHEN THEY'RE STILL YOUNG AND TENDER.
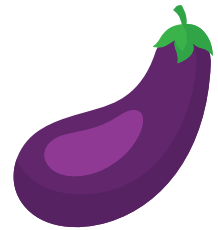
SPINACH

HARVEST WHEN LEAVES ARE 4-6 IN. LONG. BABY SPINACH LEAVES HAVE A SWEETER FLAVOR AND MORE TENDER TEXTURE.

RADISHES

HARVEST WHEN THEY ARE APPROXIMATELY 1 INCH IN DIAMETER AT THE SOIL SURFACE.

EGGPLANT

HARVEST WHEN SKIN IS GLOSSY AND THIN.

SQUASH

HARVEST WHEN SQUASH IS ABOUT 6 INCHES. YOUNG SQUASH ARE THE MOST TENDER AND FLAVORFUL.

HERBS

HARVEST HERBS JUST BEFORE THE BUDS OPEN. PLEASE LABEL.

CHARD

HARVEST WHILE THE LEAVES ARE YOUNG AND TENDER ABOUT 4 IN. LONG.