

Activity: Keeping it FRESH



Practice!

	When to harvest	Harvest early?	Chill in cold water/ice?	Wash?	Storage Temp	Chilling injury?	NOTES
Arugula	smooth young leaves	YES	YES	NO	0°C	NO	Bunch in the field
Basil	Strong aroma, no yellow	NO	NO	NO	12°C	YES	cover with a blanket in cooler
Beans	Bright and tender	NO	NO	NO	6°C	YES	Wear cotton gloves and use 2 hands; decay when too wet
Beets	uniform color and shape	NO	YES	YES	0°C	NO	remove yellow leaves and bunch in the field
Broccoli	firm heads, buds not open	YES	YES	NO/optional	0°C	NO	Use a knife to harvest
Carrots	firm, straight and sweet	NO	YES	YES	0°C	NO	Loosen soil before pulling, remove yellow leaves in field
Corn (sweet)	Uniform size, tight green husk	YES	YES	NO	0°C	NO	Faster cooling = sweeter corn
Cucumbers	firm and crisp	NO	NO	NO/optional	12°C	YES	yellowing is ok for some markets. Pick more often to encourage more fruit
Eggplant	shiny skin, firm, appropriate color depending on variety	NO	NO	NO	12°C	YES	Handle carefully - don't scratch or puncture fruit
Greens (dark leafy bunching)	no yellowing, less than 2 bug holes *bunch sizes below	YES	YES	YES	0°C	NO	leave long stalks for bunching, bunch in the field, watch for bugs or eggs on leaves
Greens (salad mix)	no yellowing, taste to make sure they're not bitter	YES	YES	YES	2°C	NO	Spin dry thoroughly after washing
Lettuce	full head but not bitter or bolting	YES	YES	YES	0°C	NO	use sanitized water to wash, Keep knife clean - do not put on ground
Melons	ready when it comes off vine easily	YES	NO unless very hot	NO	4-7°C	NO	wear cotton gloves, wipe with dry cloth in field
Okra	Flexible, green pods, about palm length	NO	NO	NO	9°C	YES	Pick often (3x/week) to maintain quality and abundance
Parsley	no yellowing	YES	NO	NO	0°C	NO	Stems only in cold water, harvest with gloves
Peppers (all varieties)	shiny skin	NO	NO	NO/optional	7°C	YES	harvest dry, wear gloves, Brush off dirt with cloth; if washing use sanitized water

Lettuce



Beets



Peppers



Corn



Fresh Beans



Watermelon



Summer Squash



Okra



Lettuce



Peppers



Broccoli



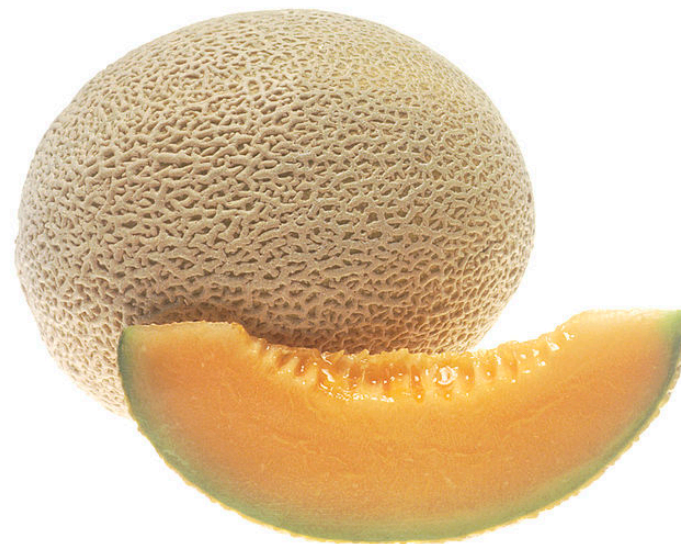
Eggplant



Cucumber



Cantaloupe



Tomatoes



Corn



Eggplant



Mustard Greens

