

Harvesting

Food gardening - Harvesting

Reiterate the things that Janet has touched on

Timing, succession sowing to amplify harvest

Not just May - you plant and Sept - you harvest

Extending the season - March through November

Even greens, sprouts in winter

The garden is commitment - nurturing and tending all season

The best fertilizer is the gardener's footstep

Make the commitment to health and healthy food

If you can't grow all - farmer's markets and local, organic food

Pay for the privilege of good food

Cook from scratch - less processed

Nothing beats the backyard or community garden 'grocery store'

Steps from the kitchen

Benefits from other gardeners

The harvest

Occurs all season long - weekly, daily - be prepared

Timing of picking - takes experience and knowledge

Food waste - get used to it, you'll have it...

Learn from mistakes

Get used to insect/disease damage

Select varieties that give you the kind of harvest you want

Determinate vs. indeterminate tomatoes

Heading vs. sprouting broccoli

Greens - one of the most cost-effective crops you can grow

Quick turn, quick harvest, high value

Lettuces, arugula, spinach, dill, basil, beets, parsley

Good companions and underplanting for other crops

Benefit from a bit of shade

Techniques:

Cut and come again - can't do it for market

Young leaves more tender

Keep 'em growing

Individual leaves - chard, beets, spinach

Pull entire plant and remove roots

Leave rest to size up and mature

Storage

'Hydrocooling' puts on crunch and preserves

Immediate refrigeration and moisture control

Kale on Ice

Fruits and flower heads - bountiful? Harvests - some do some don't
Space needed to harvest ratio - melons, cukes, pumpkins
Containerizing, varietal selection, vertical support
Flower heads: cut at just maturing, watch out they 'go over' fast
Fruit: cut when dead ripe or just before for best flavor
Ripening on counter

Processing:

Tools – trug, buckets, scissors, sharp knives, knife sharpener
Cutting boards, space you can keep clean

For freezing: ziplocks, sheet pans, blanching?

For canning: large pots for water bath jars, jars and lids, lifters, funnel, timer, recipes

For dehydrating: low, slow oven or dehydrator, sheet pans or dehydrator trays

For pickling and fermenting: crocks and jars, non-reactive containers, lint-free towels, recipes

Cooking? Find out how

Internet recipes

Farmers markets

Other people often happy to pass along granny's recipe and heritage

Expand your palate and range of foods

Sauteed Greens:

Greens are great just quickly cooked in a skillet or saute pan. A large amount will wilt down in just a few minutes, making a few servings. Technique is as follows

Remove tough stems from Kale and other tough greens, Chard and Broccoli Raab stems can be cooked. Cut into bite-sized pieces.

Heat cold olive oil in a medium hot pan. Stir in 1-2 cloves of minced garlic. Stir in quickly as garlic can burn easily. Just as the garlic starts to color -

Put a pile of cut greens into pan, as they wilt add the rest. Move around pan until wilted. When greens are wilted dash them with 1 tablespoon of a good balsamic vinegar or fresh lemon juice, salt and pepper to taste

Serve and enjoy!