



HARVESTING GUIDE



PLUS PRESERVING & STORAGE TIPS

Quick tips and resources on canning, pickling, fermenting, freezing and drying your harvest..

HARVESTING TIPS FOR 37 FRUITS & VEGGIES

Detailed information on when and how to harvest, as well tips on increasing crop yields and extending your garden season.

LET'S GROW TOGETHER!
#organicbuildslife

CONTENT



- 3**
Harvesting Vegetables
Chart, detailed description on how to harvest popular veggies.

- 11**
Harvesting Herbs
Chart, detailed description on how to harvest herbs.

- 12**
Harvesting Fruit
Chart, detailed description on how to harvest fruit trees, berries & melons.

- 19**
Preserving Methods
Detailed descriptions on how to can, ferment, dry, or freeze your harvest.

- 24**
Seed Harvesting & Saving
Detailed descriptions on how to harvest & store seeds.

- 26**
Composting

- 27**
Printable Worksheets
End-of-season worksheet, seed saving labels, and garden checklist.

- 30**
Resource Links

- 31**
About Kellogg Garden Organics

Organic Gardening:

Harvesting Veggies

Harvesting and enjoying your abundant crop of vegetables is likely the primary reason that you began your growing endeavors. But, how do you know when and how to harvest your garden vegetables so that you can enjoy and share your yield? It can be a challenge navigating what to look for to ensure their individual ripeness or just how to bring these vitamin-rich foods from farm to table. We're here to help! Generally, a vegetables ripeness can be discerned by its size and color but remember, every plant and climate is different.

Many plants produce more than we can eat in a single season leaving gardeners with excess veggies. Try canning, preserving, freezing, drying or composting the vegetables you're unable to consume or share with friends and family.



Cultivating a healthy growing environment for your plants is key to their success and ability to produce a robust harvest. Ensure your plants have nutrient-rich soil throughout their growing cycle and especially when they're producing. Try adding additional nutrients such as a liquid fertilizer while your veggies are producing.

Organic Gardening:

Extend Your Harvest

With all the hard work and money we put into our gardens, we naturally want to get the most bang for our buck. That means researching and utilizing some clever ways to stretch out both the garden season and our budgets. Here are a few ways you can extend your harvest.

Succession Planting:

Plant everything all at once, and you're harvesting all at once, too. So if you didn't do it this time plan to next time - plant some, then more in another week or so, and more two weeks after that.

Protect:

If you need shade or you need heat, covering your crops can help with both. Shade cloth over hoops, coldframes, and cloches can provide the needed microclimate to extend your growing season and harvesting a few more weeks.

Pick Early & Often:

Check plants every couple of days and remove fruits and pods before they get too large or overripe this will stimulate the plant to produce more fruit.



Prune:

Letting in more sunshine and airflow through pruning can help crops that need plenty of direct sunlight to produce more fruit.

Mulch:

Top up mulch with new organic material. Straw is a great mulch for many fruit-bearing crops. It is naturally full of potassium, which fruit and pod-bearing plants love.

HARVESTING GUIDE - VEGGIES

Root Veggies

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Beets	70 - 80	Root diameter is 1 - 3 inches		✓	✓	✓
Carrots	70 - 80	Root diameter is 1/2 inch - 3/4 inches		✓	✓	✓
Garlic	100 - 120	Green leaves are turning brown		✓		
Onions	100 - 125	Tops begins to turn yellow		✓	✓	
Potatoes	65 - 75	All foliage has died			✓	✓
Radishes	65 - 80	Root diameter is ~1 inch		✓		✓

Leafy Greens

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Cabbage	80 - 100	When you squeeze the head it's firm			✓	
Chard	45 - 60	When the leaves are big & tender	✓	✓	✓	✓
Collard Greens	85 - 95	Leaves are 8 inches long & dark green			✓	✓
Kale	50 - 70	Leaves are the size of your hand		✓	✓	✓
Lettuce	65 - 75	All foliage has died	✓	✓	✓	✓
Spinach	40 - 45	Leaves are about 6 inches long	✓	✓		✓

Popular Veggies

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Bell Peppers	65 - 80	Are 4 - 5 inches long and desired color		✓		
Broccoli	60 - 80	Head is deep green and firm	✓	✓	✓	
Celery	85 - 120	Stalks are 6 inches about ground			✓	✓
Corn	80 - 100	Corn silk is dark brown		✓	✓	✓
Cucumbers	50 - 70	Are 7 - 9 inches long and dark green		✓	✓	
Squash & Zuc.	40 - 50	6 - 8 inches long & 2 inches in diameter		✓	✓	
Tomatoes	70 - 90	Are firm and the desired color		✓	✓	

Organic Gardening:



Tomatoes

- TOMATOES CAN BE PICKED EARLY TO RIPEN OFF THE VINE
- TOMATOES REACH THEIR PEAK HARVEST TIMES BETWEEN THE MONTHS OF JULY AND SEPTEMBER

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Tomatoes	70 - 90	Are firm and the desired color		✓	✓	

Tools

- No tools needed, just use your hands

Harvesting Tips:

- As tomatoes change to their peak colors, look for smooth, soft, glossy skin and uniform color that yields a bit when gently pressed with your fingertips.
- Leave tomatoes on the vine as long as possible to achieve their desired level of ripeness.
- When ripe, twist fruits off of the vine individually.
- As the weather begins to cool down prune off less developed tomatoes. This will redirect the plants energy and help more mature fruits finish developing, giving you more late-season beauties.

Storage

- If you pick them a bit too early, they can be left on the counter to ripen further. You can also place them in a paper bag; stem pointed upward with an apple. This will speed up the ripening process.

Organic Gardening:



Cucumbers

1 PLANT PRODUCES ABOUT 5 LBS OF CUCUMBERS PER SEASON

CUCUMBERS BLEND INTO THEIR LEAVES & VINES, MAKE SURE TO LOOK CLOSELY

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
Cucumbers	50 - 70	Are 7 - 9 inches long and dark green		✓	✓	

Tools

- Sharp Knife or Shears

Harvesting Tips:

- Harvest cucumbers when they attain at least 6 to 8 inches in length. Keep a watchful eye out for dark green skins and firm fruits.
- It is best to harvest these beauties on the earlier side to reap the rewards of their sweet flesh and tender seeds.
- Plan to pick cucumbers early in the morning when the plant vines are cool and damp with dew.
- Use a sharp knife or clippers to separate them from the vine. Twisting the stems can cause tearing of the vines and damage to the plant.
- Remember that you will likely be harvesting a couple of cucumbers per day, so monitor your crop of cucumbers closely.

Storage

- Keep cucumbers cool and fresh by storing them in the refrigerator.
- If you have an overwhelming bounty, try canning or pickling them or share them with family and friends.

Organic Gardening:



Zucchini & Squash

- HARVESTING KEEPS THE PLANTS PRODUCING ALL SEASON.
- BOTH ARE ABUNDANT PRODUCERS OF FRUITS & GROW QUICKLY.

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
Squash & Zuc.	40 - 50	6 - 8 inches long & 2 inches in diameter		✓	✓	

Tools

- Sharp Knife or Shears

Harvesting Tips:

- Harvest twice weekly, using a small knife to cut them from the stem, leaving a short stub of the stem attached.
- Cut the fruits off the vine leaving 1" of stem attached.
- Check your garden daily once the plants start offering fruit to keep up with your fast-growing crop.
- The more fruits you pick the more your plant will produce so harvest frequently to increase your yield.
- If you happen to miss one, remove the overripe veggies as soon as possible to reduce demands on the plants for moisture and nutrients.

Storage

- Store summer squash on a counter for about a week. Do not keep in the refrigerator as they will get soggy over time and their flavor won't be as good.

Organic Gardening:



Onions

- ONIONS ARE GREAT FOR IMMEDIATE CONSUMPTION OR STORAGE
- EACH HOLLOW LEAFY STALK COINCIDES WITH A RING LAYER OF AN ONION

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
			SPRING	SUMMER	FALL	WINTER
Onions	100 - 125	Tops begins to turn yellow		✓	✓	

Tools

- Pitchfork
- Storage Bags : Crate, netted bag, or wire basket

Harvesting Tips:

- Onions should be harvested in late summer, prior to the onset of cool weather to prevent spoilage or damage from the direct sun.
- The telltale harvest sign is when the stalks turn yellowish or brown, dry out a bit, and topple over.
- Plan to harvest in the early morning when temperatures are mild.
- Use a pitch forth and loosen the soil around the onion stalks, then gently pull the onions up out of the ground by the stalks.

Storage

- After harvest, allow onions to lay on dry land for a few days out of direct sunlight. Then bring them in and lay them out on a dry, flat surface that has good airflow and cooler temperatures, and is free from direct sunlight.
- They should be left untouched for about three weeks until the stalks are completely dried out and the outer layers of the onion are crisp and dry.
- Store your cured onions in a crate, netted bag, or wire basket and store in a cool environment with low moisture levels. They will keep up to 3 months.

Organic Gardening:



Potatoes

- 1 PLANT WILL YIELD 5 TO 10 POTATOES PER SEASON
- THERE ARE 2 METHODS USED FOR HARVESTING POTATOES

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
Potatoes	65 - 75	All foliage has died			✓	✓

Tools

- Pitchfork or Garden Fork

Harvesting Tips:

- Potatoes that will be consumed right away are called 'new potatoes,' and they can be dug up from the ground with a pitchfork.
 - Lift medium-sized potatoes to the surface of the soil and shake away any loose dirt.
 - Rinse in cold water and use within the next few weeks.
- To harvest storage potatoes, allow them to remain well past its blooming time for one or two weeks and then dig up your potatoes with a garden fork.
 - Potatoes should have a firmness to the touch and feel a bit heavy for their size.

Storage

- Lay them out in a cool, dark place without washing them for 2 weeks. After this time frame, the potatoes can be brushed off of any dirt and debris.
- Store them over the winter in a cool, dark place that hovers around 40 degrees Fahrenheit.
- Discard or use and potatoes that have soft spots right away.

Organic Gardening:



Herbs

- SOME HERBS PRODUCE ALL YEAR LONG IF BROUGHT INSIDE
- SHAPE YOUR HERBS LIKE A BUSH INSTEAD OF A TREE

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Indoor Herbs	15 - 60	Leaves are full, plentiful, and green	✓	✓	✓	✓

Tools

- Scissors

Harvesting Tips:

- Culinary herbs will continue to produce all throughout the growing season.
- The optimal time to harvest your plant is in the morning, right after the dew has dried from the leaves, but before the full sun hits the plant.
- Pruning your herbs should be done regularly, and you want to snip the tips of the plant right above a set of leaves. Never trim more than $\frac{1}{3}$ of the plant at any one time.
- Pruning encourages regrowth and will help your plant produce more and continue to grow.

Storage

- Herbs can be dried through air-drying, microwaving, putting them in the oven on low, or even by using a dehydrator.
- Place trimmings in a jar of water and set them on your windowsill they will root and produce through the winter and spring for tansplanting.

Organic Gardening:

Harvesting Fruit

What's more rewarding than harvesting all of your delectable fruits and sharing them with family and friends? But, how do you know when and how to harvest your fruit garden so that you can enjoy and share your yield? It can be a challenge navigating what to look for to ensure the ripeness of your fruit. Most fruits indicate ripeness through coloring and feel, but bear in mind each fruit has its own requirements.

It will typically take any new fruit tree or berry bush one year or more to produce fruit. This time frame can be shortened by starting with saplings and transplants. These may be more expensive than starting your plants from seeds but will offer larger yields sooner. Planting dwarf varieties can also shorten the time it takes for your tree to produce fruit. As their name suggests, dwarf trees are smaller in size and produce less fruit but still yield the same delicious quality as their full-size counterpart.



As with any gardening endeavor, providing your fruit trees, bushes and vines with nutrient rich soil will aid in their growing process allowing them to produce the maximum amount of delectable fruits. Make sure to continue to care for your plants even after the flowering and producing season has passed by fertilizing, watering and pruning.

HARVESTING GUIDE - FRUITS

Fruit Trees

PLANT	YEARS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Apple	5 - 10	Vibrant color, smooth skin, & firm		✓	✓	✓
Cherry	3 - 5	Shiny and uniform in color	✓	✓		
Citrus	2 - 3	Vibrant in color, pick one and taste it	✓	✓	✓	✓
Fig	2 - 6	Firm but has a little bit of give	✓	✓	✓	
Peach	3 - 4	Skin is soft and free of green tones		✓	✓	
Pear	1 - 10	Fully formed but not ripe		✓	✓	

Berries

PLANT	YEARS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Blackberry	1 - 2	Black & shiny with no red tones		✓	✓	
Blueberry	2 - 3	Blue with a white outer coating	✓	✓	✓	
Elderberry	2 - 3	Plump, soft, & purple-black color		✓	✓	
Mulberry	3 - 10	Elongated and sweet		✓	✓	
Raspberry	1 - 2	Deep red color with no white or pink		✓	✓	
Strawberry	1 - 2	Uniformly red and shiny		✓	✓	

Popular Fruits

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON SPRING - SUMMER - FALL - WINTER			
Cantaloupe	70 - 100	Skin changed from green to tan		✓	✓	
Grape	3 years	Firm, plum & securely attached to vine		✓	✓	
Honeydew	65 - 100	Skin is completely white or yellow		✓	✓	
Pineapple	2 years	Flesh is a yellow-orange color	✓	✓		
Watermelon	80 - 100	Underside turns from white to yellow		✓	✓	

*Many fruit trees and berry bushes do not produce fruit their first year.

Organic Gardening:



Apple Trees

- AN APPLE TREE STARTED FROM SEED CAN TAKE 5-8 YEARS TO FRUIT
- PLANT MULTIPLE APPLE TREES TOGETHER TO AIDE IN POLLINATION

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
Apple	5 - 8 years	Vibrant color, smooth skin, & firm	SPRING	SUMMER	FALL - WINTER	
				✓	✓	✓

Tools

- No tools needed, just use your hands

Harvesting Tips:

- Look for fruits with vibrant color, smooth skin, that is firm and full.
- Premature apple picking may lead to fruit that is sour and starchy while harvesting apples too late results in a soft and mushy fruit.
- Harvest apples by holding the apple from underneath and twisting to detach the stem and fruit from the branch.

Storage

- Store apples in the refrigerator to extend their viability and freshness.
- If you have excess apples try canning or freezing them or try turning them into sauces.
- If you plan on storing your apples the term, "one bad apple spoils the barrel", apples is true, emit ethylene gas, which hastens ripening.

Organic Gardening:



Citrus Trees

- CITRUS TREES ARE ONE OF THE FASTEST GROWING FRUIT TREES
- MOST CITRUS TREES COME IN LARGE AND DWARF VARIETIES

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
			SPRING	SUMMER	FALL	WINTER
Citrus	100 - 120	Vibrant in color, pick one and taste it	✓	✓	✓	✓

Tools

- Garden Shears

Harvesting Tips:

- Ripened citrus fruits can remain on their trees for a couple of weeks, so it isn't necessary to harvest all of the fruits at once.
- It can be challenging to determine the full ripeness of citrus fruit, as they appear vibrant in color on the outside but may not be ready for harvest.
- Pick one fruit and taste it during the recommended harvest timeframe, start with fruits that are the heaviest.
- Remove oranges, lemons, limes, grapefruits, and other citrus varieties from trees by gently twisting fruits one at a time off of the tree branches.
- If you have an easy-peel variety, you may want to snip the stem of the citrus fruit off of the branch with clippers to prevent damage to the peel.

Storage

- Store in the refrigerator to extend their viability and freshness.
- Freeze the zest from your fruits for later use.
- Fill an ice cube tray with lemon juice to use for cooking later.
- Place lemons and limes in a plastic freezer bag and freeze for up to four months.

Organic Gardening:



Blueberries

- LOOK FOR BUSHES 2 TO 3 YEARS OLD FOR A SOONER HARVEST
- BLUEBERRIES LOVE TO GROW NEAR ONE ANOTHER IN THE GARDEN

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
			SPRING	SUMMER	FALL	WINTER
Blueberry	45 - 60	Blue with a white outer coating	✓	✓	✓	

Tools

- No tools needed, just use your hands

Harvesting Tips:

- When fully ripened, you can cup your hand under a bunch of berries and wiggle your fingers around them slightly. They should drop off right into your hand, no tugging or pulling needed.
- When they get to their blue stage, you may be tempted to pluck them off of the bush, but it is best to be patient for a few days longer for them to develop a white coating.

Storage

- Keep berries dry and refrigerated and wash when ready to eat them.
- If you want to store your berries long term, wash and freeze them immediately.

Organic Gardening:



Strawberries

- STRAWBERRY PLANTS ARE SMALL, THEREFORE PLANT A COUPLE
- REPLACE EVERY THREE YEARS WHEN THEIR OUTPUT DIMINISHES AND THEY BEGIN TO DIE

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
			SPRING	SUMMER	FALL	WINTER
Strawberry	30 - 45	Uniformly red and shiny		✓	✓	

Tools

- No tools needed, just use your hands

Harvesting Tips:

- Strawberries taste their best when they are left to ripen fully on the vine.
- Look for berries that are uniformly red and that have a shine to them.
- Gently pinch off the stem and the berry. Handle strawberries with care, as they can bruise easily, which will invite premature rotting of your harvest.
- Make sure to pick off overripe strawberries as they attract pests.

Storage

- Rinse, dry, and store in the refrigerator.
- Wash and freeze immediately for later use.
- Try turning your strawberries into jams, jellies, and spreads to enjoy your harvest for months to come.

Organic Gardening:



Watermelons

■ WATERMELONS ARE 90% WATER

■ DRY WEATHER PRODUCES THE SWEETEST MELONS

PLANT	DAYS TO MATURITY	SIGNS YOUR PLANT IS READY TO BE HARVESTED	HARVEST SEASON			
Watermelon	80 - 100	Underside turns from white to yellow		✓	✓	

Tools

- Sharp knife or garden shears

Harvesting Tips:

- Watermelons don't sweeten after they are picked, so harvest time is important. They generally ripen over a two-week period, so keep your eye on them.
- If you tap your watermelon and it sounds hollow it's ripe.
- Another ripeness indicator is when the bottom turns from white to yellow.
- Check the tendril. If it's green, wait. If it's half-dead, the watermelon is almost ripe or ripe. If the tendril is fully dead, it's ripe or overripe.
- When ready, use a sharp knife or garden pruner to cut the watermelon away from the vine.

Storage

- Watermelons can be stored uncut for about 10 days. If cut, they can last in the refrigerator for about 4 days. Wrap tightly in plastic.
- Watermelons can be kept in a cool, moderately moist place for 2 to 3 weeks without refrigeration.
- Try composting your watermelon rinds.

Organic Gardening:

Canning & Preserving

Canning safely preserves food for long periods of time by processing it at high temperatures in a vacuum sealed jar to remove oxygen. The process inactivates enzymes and destroys microorganisms that would otherwise contaminate the food.

There are two basic canning methods: the water bath and pressure canning method. The type of food you are preserving determines the canning method.



SAFETY MEASURES

In their guide, "Complete Guide to Home Canning," The National Center for Food Preservation stresses that, to ensure food safety, proper canning practices should include:

1. Carefully selecting and washing fresh food
2. Peeling certain fresh foods
3. "Hot packing" many foods
4. Adding acids (lemon juice or vinegar) to some foods
5. Using acceptable jars and self-sealing lids that have been sterilized
6. Processing jars in boiling water or a pressure canner for the correct period of time.

Organic Gardening:

Canning & Preserving

Water Bath - Best for High Acid Foods

In a large pot such as a stock pot with a rack on the bottom, immerse the filled canning jars in boiling water for the amount of time called for in the particular canning recipe. The National Center for Food Preservation is a good source for safe canning recipes. After removal from the bath, a vacuum seal forms as the jars cool.



Pressure Canning - Best for Low Acid (Alkaline) Foods

To prevent the growth of botulism, all unpickled, low alkaline foods must be preserved using the pressure method. Botulism is generally killed in boiling water, however, the spores are not, so hotter temperatures are required to safely destroy them.

Today's pressure canners are lightweight with removable racks and are deep enough to hold one layer of quart or smaller jars and some deep enough to hold two layers of jars a pint or smaller. They include a vent pipe/steam vent, have an automatic vent cover lock, a dial or weighted pressure gauge, and safety fuse. They heat the canned food to a temperature hotter than boiling water

Organic Gardening:

Fermenting

Fermenting is one of the oldest forms of preserving food, and if you are an avid food gardener or just a foodie, you'll be happy to know that there are countless fruits and veggies that you can easily ferment.



Cabbage:

You're in luck if you love sauerkraut, because it's pretty darn easy to make your own. Red or green cabbage, salt, and some water are all that's needed to make this popular side dish.

Carrots:

Nothing could be easier than carrot sticks, water, and salt to make crunchy fermented carrots. These tasty treats are fun for kids to make as their first fermented food project.

Cucumbers:

Similar to homemade dill pickles, but are not processed with heat. A little experimentation is necessary to ensure that your fermented pickles are tasty and crunchy, rather than soggy.

Banana Peppers:

These bright yellow peppers are easy to ferment. They have a milder, tangy taste that pairs beautifully with the salty kick of the fermenting brine, without the high heat of other peppers.

Most fermenting recipes use simple ingredients like salt, vinegar, sugar, and a variety of add-ins like lemon or lime juice, celery seed, mustard seed, herbs, and spices. These ingredients create what's called the "brine," which is then poured over the foods in a jar.

Organic Gardening:

Drying & Dehydrating

Drying (or dehydrating) preserves foods by taking all the moisture out of them. And because there is no moisture, bacteria can't grow in it — making dried foods ideal for preserving for months or even years. Dried foods are typically lighter weight and easily stored or transported for a camping trip when space is at a premium.

Many vegetables, fruits, herbs, and even meats are good candidates for drying. Tomatoes, potatoes, peppers, onions, strawberries, peaches, green beans, corn, beets, berries, even mushrooms — almost anything that can be blanched and frozen can also be dried.



SOLAR DRYING

- Spread a thin layer of fruits or vegetables on a cookie sheet or baking screen and place them in a sunny location, allowing for good air circulation.
- Cover the food with a mesh food tent or umbrella netting to keep the bugs away and find a spot that isn't easily accessible to pets or animals.
- Takes about 3 to 5 days when the temperature is 95 degrees, perhaps longer in lower temperatures. If the air is humid, or isn't adequately dry and hot, drying in a dehydrator will do the trick.

Organic Gardening:

Freezing

One benefit of properly freezing your harvest is that there is not a lot of extra equipment needed. Most people who cook already have the needed supplies to successfully freeze their harvest.

Mason jars are ideal for freezing because the thick glass helps prevent freezer burn. Investing in good freezer bags, not just food storage bags (these bags must say “freezer” on them,) is also important to prevent freezer burn.

Commonly, people freeze their green beans, broccoli, cauliflower, kale, spinach, tomatoes and tomato-based recipes, corn, and fruits.



COOKING VEGETABLES BEFORE FREEZING

Most vegetables need to be blanched or parboiled before freezing. This means that the vegetable is cooked very briefly in boiling water and then immediately transferred to ice water to stop the cooking. Without this process, the vegetables would become soft and unappetizing.

MAXIMIZING FREEZER SPACE

A helpful tip for maximizing freezer space for liquid recipes, such as soups, sauces or juices, is to take a cardboard milk or juice container, clean it out, and then place a filled freezer bag inside. Fill the freezer bag and place in the freezer. Your bags will then freeze in cubes that are easy to stack. Also, when freezing liquids in mason jars, it's important to leave at least one inch of head-space (space between the top of the liquid and the top of the jar.)

Organic Gardening:

Harvesting Seeds for Next Season

When we think of harvesting we think of the instant gratification we get from picking our fruits, vegetables and herbs to eat but we can also harvest seeds for use in our gardens in our gardens for years to come.

Seed saving saves money. Got a bunch of flowers or veggies in your garden? Think of how much you spent either on the transplants or the seed packets, and think of what you can do next year with that extra money.

Saving seeds is a real back-to-nature activity that connects you to your garden and to the earth in a way that few other garden activities can. Similar to composting, there's a circle of life feeling that you get when you participate in every phase of a plant's life.

For many gardeners, saving seed is a passion, and they'd do it even if it didn't save them money.



ANNUAL FLOWERS:

The easiest plants to collect seeds from, you simply wait until the flower has faded and seed heads or pods that are brown or ripe, then collect the seed. Flowers like poppies, columbine, coreopsis, sunflowers, and marigolds are silly easy to collect seed from.

VEGGIES:

Seeds from beans, peppers, peas, tomatoes, and cauliflower are the easiest to save because these crops are self-pollinating. Plants like cucumbers, squash, melons, corn, and pumpkins, though, can cross-pollinate and give you a seed that is a hybrid of nearby plants.

Organic Gardening:

Seed Saving

METHODS

Dry Fruited Harvesting: Crops like beans, lettuce, grains, and many herbs have seeds that dry right on the plant itself. This means that you'll need to let some of your these plants remain in the garden after their prime so that they will “go to seed” – plant a few extra just for this purpose.

Wet Fruited Harvesting: Other plants like tomatoes, berries, and squash have membranes around each seed to keep them from germinating inside the plant. In order to save them for future sowing, you need to remove that membrane through some fermentation. Remove the seeds and place them into a sieve or a very fine colander, rubbing them gently under running water to remove as much pulp as possible.



STORAGE

- Place harvested seeds in a small paper envelope, and label the envelope with the seed variety and the date it was harvested.
- Place the envelope in a glass jar and secure with a lid.
- Place the glass jar in cool, dry place in a part of your house where the temperature remains even. Temperature fluctuations and high humidity or moisture are the nemesis of seeds
- If stored properly, most seeds will remain viable for 2-3 years, but there are always exceptions to the rule.

Organic Gardening:

Composting

What's better than using parts of this year's harvest to enrich the soil for next year's garden? Compost veggies, fruits, and herbs that are over-ripe, spoiled, moldy, or have been nibbled on too much by critters. Don't compost edibles that have a disease that can be carried through the compost to infect the next garden season – instead, dispose of them in a bag and place in the trash can.

MATERIALS

Brown Matter:

High in carbon and includes straw, branches collected from pruning, sawdust from untreated wood, leaves, pine needles, plants removed from garden, and shredded newsprint.

Green Matter:

Higher in nitrogen and includes grass clippings, green plant clippings, veggie and fruit kitchen scraps, seaweed, weeds without seed heads, droppings and natural bedding from small animals.



BENEFITS

- Enriches your soil and encourages soil microbes to do their thing.
- A great way to help reduce methane emissions produced from our landfills and increase soil sustainability.
- Healthy soil equals strong healthy plants, waterways, and communities.
- Compost is a natural way to provide essential nutrients to the soil while simultaneously enhancing the surrounding environment. It's nature's multi-tasker!

Ready to start composting? [Click here](#) for more information and tips!

Date: _____



Plants Harvested This Season

A large rectangular area with a light gray dot grid pattern, intended for writing down the names of plants harvested during the current season.

Plants To Try Next Season

A large rectangular area with a light gray dot grid pattern, intended for writing down the names of plants to be tried in the next season.



What Worked This Season?

A large rectangular area with a light gray dot grid pattern, intended for writing down notes on what aspects of the growing season were successful.

Do Differently Next Season

A large rectangular area with a light gray dot grid pattern, intended for writing down notes on what changes should be made for the next season.



Addition Notes From This Growing Season

A large rectangular area with a light gray dot grid pattern, intended for writing down any additional notes or observations from the growing season.



Date Harvested: _____ 

Plant Type: _____

When to Plant: _____

Weight/# of Seeds: _____

 Notes:

Date Harvested: _____ 

Plant Type: _____

When to Plant: _____

Weight/# of Seeds: _____

 Notes:

Date Harvested: _____ 

Plant Type: _____

When to Plant: _____

Weight/# of Seeds: _____

 Notes:

Date Harvested: _____ 

Plant Type: _____

When to Plant: _____

Weight/# of Seeds: _____

 Notes:



OBSERVATIONS:

Yellow sticky note area for observations.

Plan:

Four horizontal red lines for planning.

Prepare & Maintain:

Seven horizontal red lines for preparation and maintenance notes.

Large grid area for detailed planning or notes.

Plant:

Four horizontal red lines for planting notes.

Harvest:

Four horizontal red lines for harvest notes.

Yellow sticky note area for additional notes.

SOW & PLANT BY ZONE

INDOORS

Large grey rectangular area for indoor sowing and planting notes.

HARVEST BY ZONE



Organic Gardening:

Resources:

[How to Find Your Planting Zone](#)
[Monthly Edible Gardening Guide by Zone](#)
[Companion Planting Guide](#)
[Container Gardening Guide](#)
[Monthly Organic Flower Gardening Guide](#)

[Fun Foods to Ferment](#)
[Drying: The Preserving Method You Need to Try](#)
[How to Dehydrate Fruits & Vegetables](#)
[How to Freeze Your Harvest](#)
[How to Safely Preserve Your Organic Harvest](#)
[Canning Methods to Preserve Your Harvest](#)
[7 Books About Preserving](#)

[When & How to Harvest Your Vegetable Garden](#)
[When & How to Harvest Your Fruit Garden](#)
[When & How to Pick Berries](#)

Articles About Harvesting:

[Tomatoes](#) [Lettuce](#) [Herbs](#)
[Cucumbers](#) [Potatoes](#)
[Onions](#) [Garlic](#)

[Ideas for Your Excess Harvest](#)
[Ways to Extend Your Gardening Season](#)



[Instagram](#)
[Youtube](#)
[Facebook](#)
[Organic Garden Nation](#)
[Facebook Group](#)



Kellogg Garden Organics

Kellogg Garden Products, family-owned and operated since its establishment in 1925 by our founder, H. Clay Kellogg, now spans four generations. The company continues its success as a steadfast business, guided by Mr. Kellogg's original core values: innovation, loyalty, experience, commitment, and generosity.

These values have led our company to seek the highest level of organic rigor in all its branded products.

In 2012, Kellogg Garden Products committed to strictly follow the USDA's National Organic Program (NOP) guidelines for manufacturing all Kellogg Garden Organics and G&B Organics branded soils and fertilizers.

Every ingredient and every process used to produce our branded products has been verified 100% compliant as organic, all the way back to the source, meeting all federal guidelines.



All our branded products are approved by the California Department of Food and Agriculture's stringent Organic Input Materials (OIM) program, as well as the Organic Materials Review Institute (OMRI) – the leading independent review agency accredited by the USDA NOP.

Kellogg is still the first and only manufacturer to have all our branded organic soils and fertilizers OIM approved and OMRI Listed, making Kellogg the first to offer Proven Organic soils and fertilizers that build life in the soil. Since 1925, we continue to strive to be the leading organic source helping people grow beautiful and healthy gardens – organically.





Product Recommendations



ORGANIC SOIL



ORGANIC LIQUID FERTILIZER



ORGANIC GRANULAR FERTILIZER

**G&B Organics Only Available in the Western United States

