

Week 4: Harvesting

OBJECTIVES

- Determine the ideal time for harvesting using their personal garden chart and a chart of vegetable harvests
- Demonstrate the appropriate way to pick herbs

INTRODUCTION

Have the class read the trail reports on harvesting

ACTIVITY:

Continue explaining that harvesting varies between plants and is dependent on when you planted the seeds.

- Have students bring in their garden chart and compare their start time to the chart of plant harvesting found on the **OLE resources page**. Students calculate when they should be ready to harvest each plant they are growing.

*Could group them by type of garden and have them compare what they came up with

- Next bring out a class herb ready to harvest and ask the class what they think would be the best way to pick the plant and ask them to explain their reasoning.

*Requires planning for appropriate timing of harvesting

- Demonstrate picking the plant.

*If possible have enough plants for pairs so they can follow along. Ideally, they have herbs they can harvest along with you. If the student plants are not ready to harvest, at least have them follow along so they can see/find the parts of the plant as you are talking.

- Explain as you harvest:
 - Use sharp scissors when harvesting herbs with woody stems. Tearing at stems will leave ragged edges that can harm the plant and attract disease. Herbs with soft stems can be pinched off.
 - Cut just above a *node* -- the small bump or joint where a stem branches out. New growth is produced from nodes, so by cutting them here, you'll encourage new growth and branching. Even if you just want the leaves, cut the whole stem before stripping away the leaves. Remember to cut long stems if you're planning to hang the herbs to dry.

Curriculum and Activity Guide for Instructors

- Trim them lightly to promote branching of stems so you'll get a fuller, bushier plant. Once they're established, you can take up to half of the plant at a time without weakening it.
- Explain the importance of washing off the dirt and pesticide
- Finish by asking the students to post online in the forum when they will be ready to harvest and what they plan on making with their herbs/vegetables once they have harvested.

Optional Meet-up this week – EastSide Café – Local Restaurant that uses products from own garden and local farm.