

Harvest & Eat

Harvest & Kitchen Checklist — a printable companion to Guide 6 of 6

Before You Pick

- ☐ Check color, firmness, and smell — not just size.
- ☐ Tomatoes: fully colored, slightly soft, comes off with a gentle twist.
- ☐ Beans: pod smooth and crisp, bean about pencil-sized.
- ☐ Herbs: snip before the plant flowers, and never take more than a third of the plant.
- ☐ When in doubt, pick it. Underripe usually finishes on the counter, overripe usually doesn't.

Before You Cook

- ☐ Wash your hands with soap and water for 20 seconds before handling any food.
- ☐ Rinse everything under cool running water, organic or not.
- ☐ Use a separate cutting board if you're also prepping meat.
- ☐ Refrigerate anything you're not eating within 2 hours (tomatoes are the exception).

When You Have Extra

- ☐ Share extra with a neighbor.
- ☐ Freeze what you can. Shredded zucchini and blanched beans both hold up well.
- ☐ Bake or cook with it. Zucchini bread and tomato sauce both freeze beautifully too.
- ☐ Don't leave ripe produce on the plant hoping to store it there. Picking is what keeps the plant producing.

Share the Table

- ☐ Invite someone to share a meal made from what you grew.
- ☐ Set aside a portion of your harvest to give away, not just to eat yourself.
- ☐ Let a kid help pick, cook, or serve. Even a small job counts.

Condensed from RootDelight's From Garden to Kitchen course. Read the full guide and check your progress online at rootdelight.com/rd_courses/harvest_and_eat.html.