

Vegetable Garden Harvesting Guide

By Jen Anderson



Hungarian Wax peppers-Very hot when yellow/green, mildly hot when red.



Green and Yellow Squash- Best picked before they get too big. Can develop a woody texture very quickly. If a few days are going to pass before the next harvest pick small.



Black Beauty Eggplant-Pick at 8 inches or a little bigger. If they are too small it might be bitter.



Italian Frying Peppers-Mild. Use raw or cooked like any green bell pepper.



Tomatoes-Pick larger fruit when they are almost ripe for longer shelf life and to discourage animals from taking bites.



Long Hot and Jalapeno Peppers-Long Hot can be picked when they reach full size green or let go a little longer to turn red. Jalapenos should be picked green.



Green and Purple Beans-Pick when small and tender. The plants are much more productive if the beans are picked often.



Kale-Pick when there is enough to make a nice sized bouquet. Pick the largest leaves from each plant when they are about 12" long.