

Harvesting & storing

Pick and preserve fresh organic food from your own garden

Harvesting essentials

- Grow crops that mature at different times
- Protect and advance growth with cloches

Storing essentials

- Only store produce in good condition
- Check often and remove anything rotten

Cut cabbages when the heart is firm. Store red and white cabbages on slatted shelves at 1-4°C

Pick apples when they break away easily from the branch. Store in shallow boxes at 2-4°C

Dig up early potatoes from June. Harvest maincrop potatoes from September and store in thick paper sacks at 5-10°C

Pick soft fruit when fully coloured. They'll last a few days in the refrigerator

Pick young herb shoots from strong growing plants. Flavour is best before they flower. Dry or freeze to preserve

Pick edible flowers, eg nasturtium, when just open. Use fresh or freeze in ice cubes

Snap off pea and bean pods when tender or wait for pods to swell for seeds. Use fresh or freeze or dry to store

Pick salad leaves any time. Use fresh. They'll last a few days in the refrigerator

Lift onions when leaves have died down. Dry in the sun until skins are papery. Store in airy light place at 2-4°C



Illustrations: Verity Thompson

Further information

Booklets: Bronze, Silver and Gold
Food Growing Instruction Cards
Garden Organic

www.gardenorganic.org.uk/schools

