

Common Practices in Harvesting Vegetables

Vegetable/Fruit	When To Harvest	How to Harvest
LEAFY & FLOWER VEGETABLES		
Broccoli/Cauliflower	Sufficient size and before flowering.	Harvest heads with a sharp knife.
Green onion	With more than 5 leaves. Sufficient size without hollow in the stalk.	Harvest bulb and leaves, or just one or two leaves.
Mustard/ lettuce/ Swiss chard	Harvest when the lower leaves are bigger.	Use a sharp knife/scissors to harvest the bigger leaves. Let young leaves grow bigger. Will grow for more than 2 months
Cabbage	Harvest when head is big, whole, and compact.	Harvest heads using a sharp knife.
FRUIT VEGETABLES		
Bitter gourd/melon	Harvest when fruits are greener. Leaves can be harvested after fruit bearing season.	Pick fruits. For seed, allow fruit to mature on the plant.
Tomatoes	The green fruits start to turn reddish.	Pick fruits. For seed, allow fruit to mature on the plant.
Okra	Harvest while tender and easily broken.	Pick fruits daily. For seed, allow fruit to mature on the plant.
Squash, Sponge gourd (loufa), bottle gourd,	Harvest when the skin is soft to touch and seeds are still young.	Pick fruits daily. For seed, allow fruit to mature on the vine.
Eggplant	Harvest when sufficient size and tender to touch. Do not wait until the color changes.	Pick fruits often.
BEANS		
String/yardlong beans/ winged beans/southern peas/snap beans/	Rounded pods that easily snap.	Pick one at a time. Protein content is higher when dried. For dried beans, pick when pods turn yellow and start to dry.
Pinto Beans/Black beans	Tender, still green pods & seeds are still young (if to be eaten with the pods fresh).	Pick one at a time when pods are yellow and start to dry.
Lima bean/Pigeon Pea	Rounded pods with faded greenish color.	Pick one at a time and dry. Protein content is higher when dried. Seeds for planting are dried well.
Pinto beans/black beans	Harvest when they are dried.	
Soy beans	Harvest when pods are rounded with a faded greenish color.	For seeds, let pods to turn brown before pulling the plant. Dry the seeds well.
ROOT CROPS		
Carrots/radish	Harvest when desired size is attained.	Dig carefully to get the root crop.
Garlic/onion/potatoes	When tops begin to dry and fall down.	Dig the soil.
FRUIT TREES		
Avocado		Harvest using a picking pole with net to avoid fruits from falling to the ground.
Guavas	Harvest when skin is shiny and yellow.	Pick fruits in the early morning.
Papaya	Harvest when fruit is yellowish in color.	Harvest when 75% is yellow.
Banana	Harvest rounded fruits.	Pick the whole bunch.