

VEGETABLE HARVEST HINTS



UNIVERSITY OF MINNESOTA
EXTENSION

VEGETABLE	APPROX. HARVEST WINDOW	HARVEST READINESS	HARVEST METHOD	FRESH STORAGE METHOD (in refrigerator, unless indicated)
Beans, green or wax, bush or pole	July, August	skin rough, beans inside barely noticeable	pinch from plant with small stem attached	unwashed in paper bag
Bean, soy	August	beans green, tender, before they	strip pods from stems	unwashed, in pod, in paper bag
Beet	July to October	diameter 1.5" & up	pull	washed, trimmed, in perforated plastic
Beet greens	May to October	young, tender	snip outer leaves	washed, dried and in plastic
Broccoli	June to October	before yellow flowers form	snap or cut stalks cleanly	unwashed in plastic
Cabbage	July to October	full, firm heads	cut below head	wash, trim outer leaves, plastic
Cabbage, Chinese	October, November	full, firm heads	cut below head	wash, trim outer leaves, plastic
Carrot, fall harvest	August to November	full size, color	dig, don't pull	trim tops, washed in perforated plastic
Cauliflower, fall harvest	September to October	small, firm curds	cut below head	unwashed in perforated plastic
Corn, sweet	August, September	tender, sweet, barely milky	snap ears from stalk	eat same day picked
Cucumber	July to September	skin still rough, slightly undersize	pinch from plant with small stem attached	unwashed in paper bag
Eggplant	August, September	skin shiny	cut from plant carefully	unwashed at cool room temperature
Kohlrabi	July	up to baseball size	cut from stem	trim tops, unwashed in perforated plastic
Lettuce, baby	May to October	as soon as leaves are large enough	cut with knife 1" above soil line	unwashed or washed and dried in plastic
Lettuce, headed (mature)	July to October	full size, firm heads	cut or pull from soil	unwashed or washed and dried in plastic
Melon, musk	September	stems slip from fruit with a good tug	pull melon from stem	unwashed or washed and dried
Melon, water	September, October	belly yellow, tendril brown, solid sound	cut melon from vine, leaving some stem on the fruit	unwashed or washed and dried. Room temp OK for few days
Okra	August, September	flowers drop, pods over 2" long	cut from plants, leaving stem on fruit	unwashed in paper bag
Onion	August, September	2 weeks after tops fall over	pull & spread to dry for 2 weeks	remove tops, rub off skins, store cool and dry

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Pea, snow	June; September	before seeds swell inside pods	pinch from plant with small stem attached	best fresh; unwashed in plastic
Pea, snap	June; September	up until seeds fill pods	pinch from plant with small stem attached	best fresh; unwashed in plastic
Pea, english	June; September	peas large enough to eat, before they turn starchy	pinch from plant with small stem attached	best fresh; unwashed, unshelled in plastic
Pepper, sweet	September, October	full size; sweetest when colored	cut from plants leaving stem on fruit	unwashed in crisper drawer
Pepper, hot fresh	September, October	full size; green or colored depending on use, type	cut from plants leaving stem on fruit	unwashed in crisper drawer
Pepper, hot dry	September, October	fully ripe (turn red, orange, or yellow)	cut from plants leaving stem on fruit	room temperature until dry
Potato, irish new	July, August	after plants bloom	carefully dig	best fresh
Potato, irish storage	September	when plants die back	carefully dig	brush off soil, cool but above 40 F, average humidity
Potato, sweet	October	when tops nipped by frost	carefully dig	brush off soil, above 89 F for two weeks; room temperature thereafter
Pumpkin	October	when tops nipped by frost; before fruit freezes	cut from vines leaving stem on fruit	cool and dry but above freezing, not on concrete
Radish, spring	May, June	full size	pull roots	washed or unwashed, pinch off tops, in plastic
Radish, fall	October	full size, before temps hit 25F	pull or dig	washed or unwashed, pinch off tops, in plastic
Spinach, baby	June; October	as soon as leaves are large enough	cut with knife 1" above soil line	unwashed or washed and dried in plastic
Spinach, mature	June; October	full size plants	cut or pull from soil	see Spinach, baby
Squash, summer	July to September	fruit formed, bloom still fresh; around 6"	cut from plants leaving stem on fruit	unwashed at cool room temperature or crisper drawer
Squash, winter	September, October	skin hard to puncture with thumbnail	cut from vines leaving stem on fruit	cool and dry but above freezing
Tomato	July to October	slightly underripe but nicely colored	carefully pull from plants	remove stems from fruit, store at room temperature in single layer



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