



How to Track Your Harvest

Please complete Garden Progress Form to Track Monthly Harvest

As you begin to harvest vegetables from your raised bed gardens, tracking your produce is both an exciting way to see how much you've grown and an important way for us to measure the success of our program. We hope that you will use the following guidelines to record your produce and help us demonstrate the positive impact of your gardens on the community!

If You Have a Scale

If you have a scale (including postage scales, pet food scales, etc.), use it to record the weight of your produce on your tracking sheet. Please include the unit of measurement in oz, lbs, grams, or kilograms. If the produce you are weighing is in a container such as a bucket or bag, do your best to account for the weight of the container so that it is not included in your final measurement. This can be done by either:

- ❖ placing the empty container on the scale, zeroing the scale, and placing the produce in the container
OR
- ❖ obtaining the weight of the container alone, and then subtracting the weight of the container alone from the overall weight of the container plus the produce

If You Do Not Have a Scale

If you do not have a scale, use the following guidelines to help you record produce from your garden. Several options are given for tracking each group of vegetables and herbs—choose the one which works best for you. If the guidelines given don't match your produce or you don't have one of the suggested measuring tools, simply describe your produce with as much detail and accuracy as possible. Using comparisons of size or weight may be helpful—for example, you might have “5 baseball sized tomatoes” or “1 small zucchini, the size and weight of a stick of butter.”

Small Vegetables: Record small vegetables such as cherry tomatoes, okra, peas, and green beans using units of standard kitchen measurements such as **cups, pints, quarts, or gallons.**

- ❖ Useful conversions:
 - 2 cups = 1 pint
 - 2 pints = 1 quart
 - 4 quarts = 1 gallon
- ❖ If you do not have access to measuring cups, you might be able to use some common household items to help you estimate. Look for ziploc bags sized by the pint, quart, or gallon; use milk or juice cartons to measure a half-gallon or gallon.

Examples: 1.5 pints of peas or one ½ gallon container of cherry tomatoes

Medium to Large Vegetables: Record medium to large vegetables such as peppers, tomatoes, cucumbers, squash, and eggplants using:

- ❖ **Number and size.** Count the number of vegetables and specify each one's approximate width or length in centimeters or inches.

Examples: 1 small Roma tomato, 3 inches wide or 2 cucumbers, 8 inches long each

- ❖ Measurements of **cups, pints, quarts, or gallons.** Make sure to specify whether the vegetables are whole or chopped.

Example: 2 cups of red peppers, chopped

Leafy Greens: Record greens such as mustard, collard, kale, chard, lettuce, spinach, and arugula using:

- ❖ Units of **bunches.** One bunch should contain approximately 10 leaves of the size you might see at the grocery store.

Examples: 2.5 bunches of chard or 1 small bunch of spinach

- ❖ Measurements of **cups, pints, quarts, or gallons.**

Example: 2 cups of lettuce, chopped

Herbs: Record herbs such as parsley, basil, and chives using:

- ❖ Units of single **leaves** or **sprigs.** This method may be most convenient when you are harvesting small amounts at a time.

Examples: 5 sprigs of rosemary or 4 basil leaves

- ❖ Measurements of **teaspoons, tablespoons, or cups.** Make sure to specify whether the herbs are crushed, chopped, or whole.

Examples: 2 Tablespoons of mint, chopped or 1 cup of sage leaves

Measuring Tools References

