

# Harvesting

**Harvesting is the process of collecting the fruits, vegetables, and herbs that our plants produce for us.**

Don't always assume that bigger is better when it comes to harvesting. Oftentimes plants and vegetables have the fullest flavor at their smaller sizes. When harvesting, make sure to use a clean pair of scissors to avoid your plant getting a disease.

## Share the love!

If you harvest more than you eat or you don't want to eat what you harvested, pass it along to a neighbor. You can also donate produce to Love Fridges around the city. Find your nearest love fridge at [bit.ly/365QXcB](https://bit.ly/365QXcB) or by scanning the QR code.



For most plants, harvesting doesn't mean uprooting an entire plant from the soil. See the table below for instructions about how to harvest from different plants.

Plant	Harvesting Instructions
Lettuce, kale, collard greens, arugula, spinach	Use clean scissors to cut the large leaves from the outside where they meet the stem of the plant. Leave the small inside leaves to continue to grow.
Tomatoes, cucumbers, zucchini, squash, eggplant	Pick the fruit directly off of the stem by holding the stem with one hand and gently pulling the fruit with your other hand.
Herbs	Cut herbs at the nodes where the branches of the plant meet the stem of the plant.