

WHEN & HOW TO HARVEST

One of the great things about home gardening is the flexibility it provides, and not being limited to how long produce will stay good in your fridge.

At Leath, we want to emphasize that there is never a magic number for the perfect day to harvest. There are numerous variables that will affect when the greens will be ready to harvest – such as seed type, when seeds exit germination, amount of light they receive, and just general growing conditions.

While conditions will be the biggest determinant, we find that the below schedules are good guides on average:

BROCCOLI

Harvestable in: 7 - 8 Days

Peak harvest: 9 - 12 Days

ARUGULA

Harvestable in: 8 - 9 Days

Peak harvest: 10 - 14 Days

RADISH

Harvestable in: 7 - 8 Days

Peak harvest: 9 - 12 Days

MEDLEY

Harvestable in: 7 - 8 Days

Peak harvest: 9 - 12 Days

PEA SHOOT

Harvestable in: 7 - 8 Days

Peak harvest: 9 - 12 Days

SUNFLOWER

Harvestable in: 7 - 8 Days

Peak harvest: 9 - 12 Days

HOW TO HARVEST:

When you're ready to harvest, gather a sharp pair of kitchen shears and a bowl to place your greens in. Grasping the tops of your greens, carefully snip at the base of the stem, approximately ½ - 1 inch above the coir surface. Harvest in sections, taking as much or as little as you need. Do take care as not to damage the delicate greens!

If saving for use later, place your greens in a storage container with a slightly damp paper towel and transfer to your fridge, where they will keep for up to 1 - 2 weeks.

Questions? Contact hello@growleath.com