



Garden Lesson 7: Harvest & Reflection



SCIENCE

Observe, Question,
Identify, Investigate, Research



MATHEMATICS

Calculate



LANGUAGE ARTS

Comprehend, Read, Write



VISUAL ARTS

Draw, Colour, Design,
Create



FOOD & NUTRITION

Prepare Healthy Food



7.1 INTRODUCTION

After all that hard work, the garden is finally ready for harvest. Almost every vegetable has a different way to indicate when it is ready for harvest. For some, it might be the texture or firmness. For others, it may be the size, shape or colour. To know when vegetables are ready to harvest: ask a local gardener, visit the library, or research on the internet.

Lesson 7 will cover when and how to harvest, as well as some fun activities to reflect on this past growing season and the future of the garden.

Common Harvesting Methods



CUT

Harvest by cutting parts of the plant with scissors or pruning shears.

Use for:

- Herbs
- Leafy greens



PICK

Harvest by picking the produce by hand.

Use for:

- Plants with "fruits" (ex. beans, zucchini, peppers, tomatoes)



PULL

Harvest by pulling up the whole plant by hand.

Use for:

- Root vegetables (ex. carrots, turnips, beets, radishes)

7.2 HARVEST TIME!

1. Different vegetables need to be harvested at different times. Refer to the "Seeds" page in the garden journal and check two things for each plant:
 - a. Sprout Date
 - b. Days Until Harvest
2. Add the number of "Days Until Harvest" to the "Sprout Date" to find out when to prepare for harvest. For example, if the "Sprout Date" was July 20 and the "Days Until Harvest" was 90 days (3 months), expect to harvest around October 20.

Optional: Still not sure if the plant is ready for harvest? Taste it! If the plant is not ready, you will be able to tell by the taste or texture.
3. Harvest using one of the methods described above (cut, pick or pull). Choose the best method for each plant. For example, you should *cut* spinach but *pull* carrots.
4. Wash the produce well to remove any insects or dirt.
5. Time to enjoy the harvest! How does the produce smell? Feel? Look? Taste? Explore some fun ways to prepare your harvest for a meal.

Optional: The Nourish [Recipes page](#) has lots of ideas to get you started.

7.2 MATERIALS:

- Garden journal

OPTIONAL:

- Garden tools, such as gloves and scissors



TIPS AND TOOLS

Harvesting too much produce to use yourself? Consider giving it away to friends, family, the food bank or a local food-based charity or organization.



7.3 CREATE GARDEN ART

1. In the garden journal, write "Reflection" at the top of the next blank page. The following activity will be completed on this page.
2. Look back at everything written in the garden journal up to this point, and look at the garden itself. Whether it is planted in containers, planters or directly in the ground, walk through or sit by the garden and use your senses to experience it. Take this opportunity to practice mindfulness. What do you see? Hear? Smell? Touch?
3. Using coloured pencils, pens, markers, coloured paper, crayons or whatever craft supplies you have on hand, create a picture of the garden inspired by your experience. If you prefer photography, make an artsy collage of your garden. Take some pictures close up and some far away. Choose a few different subjects for your photos, including whatever garden visitors you may have (such as birds or bugs) or any decorations you have created.



"SQUASH" – A Haiku

by Nourish Nova Scotia

Yesterday a seed
Today a butternut squash
And tomorrow, soup

7.4 WRITE ABOUT THE GARDEN

1. Choose one or more of the following activities to complete on the "Garden Reflection" page (or the next pages, if more space is needed), along with the drawing from the previous activity:
 - a. Write a poem or haiku about your garden. Draw a fancy border around your poem (such as a leafy vine, or colourful vegetables). Write the title for your poem at the top. Suggestions for topics:
 - Your favourite part of planning a garden
 - An ode to your favourite vegetable or plant
 - What you experience when you explore your garden with all senses
 - How your garden might look in a different season - how do you think it will look later in the fall? In the winter? Next spring?
 - b. Find a healthy recipe, containing one or more of the vegetables you're growing, that you're excited to try. Write this recipe down in your notebook with a sentence or two about why you chose this recipe. Cook this recipe with the help of a friend or family member, and taste it together when it is finished. Draw or take a picture of the completed dish and glue it into your garden journal. Record your thoughts, and your friend or family member's thoughts, about the recipe. How does it taste? Would you make it again in the future?
 - c. Write a pretend news story about your garden. Use your imagination! You could write about how your garden grew the biggest tomato in the world, or how you discovered that a garden gnome was stealing your veggies - the possibilities are endless! Give your news story a fun headline and illustrate it with pictures or even photos of your garden.

7.3 MATERIALS:

- Garden journal
- Pen or pencil
- Coloured pencils, crayons, markers or other craft supplies for drawing or colouring

OPTIONAL:

- Smart phone or camera for taking photos

7.4 MATERIALS:

- Garden journal
- Pencil or pen

OPTIONAL:

- Craft supplies, such as tape or glue, for decorating this activity page



TIPS AND TOOLS

Make the garden journal your own! Decorate the pages with coloured pencils, pens, markers or even photos if you haven't already done so.

Your gardening journal is a valuable tool. It will help you learn from your garden so that you can grow an even bigger and better garden next year!

