

Instructions for Tracking the Garden Harvest

You may either weigh or count your produce. Select which method you prefer and use it to measure all produce throughout the season (do not switch back and forth between the two methods which would make it difficult to compile the information). Refer to the Vegetable Measurement Guide, to identify what to count for each type of produce or what unit of measure (pounds or ounces) to use when you weigh produce. If you do not have a scale, use the counting method.

Step 1: Harvest & Measure

Pick vegetables or herbs from your garden.

Use the vegetable measurement guide to estimate the amounts you have picked

For Example:

- Basil is measured by 2 cupped hands. If you pick enough basil to fill 2 cupped hands three times, record 3 on your chart.
- Beets are measured by the plant. If you pull twenty beets, record 20 on your chart.
- Cucumbers are measured by the fruit. If you pick 22 cucumbers record 22 on your chart.

Step 2: Record Vegetable Measure Amounts

Record your harvest on the tracking sheet.

Step 3: Add Up Totals

At the end of each two-week period, add up the amount harvested and record at the end of the line in the "Total" column.

Step 4: Turn in Tracking Sheet