

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 the produce through the season. (Do not switch back and forth between the two methods, which makes it difficult to compile information). Refer to the Vegetable Measurement Guide online (<https://go.ncsu.edu/appendixH>) to identify what the count for each type of produce or which unit of measurement to use (pounds or ounces) when weighing your produce. If you do not have a scale, use the counting method.

Step 1. Harvest and Measure

- Pick vegetables or herbs from your garden.
- Use the online vegetable measurement guide to estimate the amounts you have picked (<http://go.ncsu.edu/appendixH>).

For example:

Basil is measured by 2 cupped hands. If you pick enough basil to fill 2 cupped hands 3 times, record “3” on your chart.

Beets are measured by the plant. If you pull 20 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 Measurement Amounts

- Record your harvest on the tracking sheet.

Step 3. Add Up Totals

- At the end of each 2-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