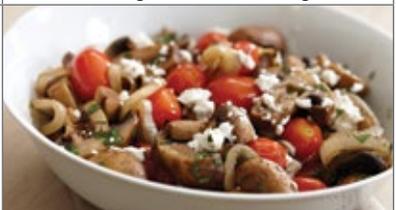


# Grow It, Harvest It, Make It

You've planted a fabulous garden; now enjoy the fruits of your labor when you prepare one of these recipes. Talk about farm-to-table freshness!

GROW IT	HARVEST IT		MAKE IT
	WHEN	HOW	
<p>Blueberries</p> 	<ul style="list-style-type: none"> <li>Once they turn blue, allow berries to remain on the bush for a few days before harvesting.</li> </ul>	<ul style="list-style-type: none"> <li>Pick by gently rolling the berry between your thumb and forefinger.</li> </ul>	 <p>Dulce de Leche Bites</p>
<p>Cucumbers</p> 	<ul style="list-style-type: none"> <li>For slicing, when 6 inches long.</li> <li>For pickles, when at least 2 inches long.</li> </ul>	<ul style="list-style-type: none"> <li>Harvest every couple of days.</li> <li>Don't let them get overly large or turn yellow.</li> </ul>	 <p>Tangy Gazpacho Cucumber Cups</p>
<p>Green Beans</p> 	<ul style="list-style-type: none"> <li>When they're about the diameter of a pencil or even a bit smaller.</li> </ul>	<ul style="list-style-type: none"> <li>Pick by simply snapping them off the plant.</li> <li>Avoid tearing the vines; it reduces later harvests.</li> </ul>	 <p>Citrus-Spiked Bean Salad</p>
<p>Lettuce and Greens</p> 	<ul style="list-style-type: none"> <li>For leaf lettuce, as soon as leaves are big enough to eat.</li> <li>For heading types (like iceberg), before they reach full size. Check the plant tag to confirm the variety's full size.</li> </ul>	<ul style="list-style-type: none"> <li>Harvest in early morning when leaves are crisp and full of moisture.</li> </ul>	 <p>Jerk Chicken Salad</p>
<p>Melons</p> 	<ul style="list-style-type: none"> <li>When the netting (raised area on skin) becomes pronounced and the skin changes from green to yellow or tan.</li> <li>Cantaloupes give off a sweet scent when they're ripe, so sniff them regularly once they're full size.</li> </ul>	<ul style="list-style-type: none"> <li>The fruit should slip easily off the vine.</li> </ul>	 <p>Melon Salad with Orange-Lime Dressing</p>
<p>Onions</p> 	<ul style="list-style-type: none"> <li>Anytime; they can be picked and eaten at any stage.</li> <li>Onions stop growing when their leaves lose their color, weaken at the top of the bulb and flop over.</li> </ul>	<ul style="list-style-type: none"> <li>Pull them up on a sunny day and let them sit in the sun for a day or so to dry.</li> </ul>	 <p>Grilled Mushroom &amp; Onion Basket</p>

GROW IT	HARVEST IT		MAKE IT
	WHEN	HOW	
Strawberries 	<ul style="list-style-type: none"> <li>Berries ripen about 1 month after the plant blooms. Pick ripe berries every 2 – 3 days.</li> <li>Green-tipped berries are not fully ripe.</li> </ul>	<ul style="list-style-type: none"> <li>Don't squeeze a ripe berry. Pinch the stem with your fingernail.</li> <li>Don't let plants produce fruit in their first year. Pick off blossoms as they appear and wait until the second growing season to harvest.</li> </ul>	 Strawberry Bruschetta
Sweet Peppers 	<ul style="list-style-type: none"> <li>When they reach the desired size and color.</li> <li>You can eat all varieties in the green stage, but they're sweeter if you let the color fully develop.</li> </ul>	<ul style="list-style-type: none"> <li>Cut through the stem with a <b>Utility Knife</b> or <b>Professional Shears</b>.</li> <li>Harvest often for constant production.</li> </ul>	 Rush Hour Chicken Fajitas
Tomatoes 	<ul style="list-style-type: none"> <li>When the right color develops per variety.</li> </ul>	<ul style="list-style-type: none"> <li>They continue to ripen if you pick them half-ripe and bring them indoors, but the flavor is best if you let them ripen on the vine.</li> </ul>	 Grilled Orzo-Stuffed Tomatoes
Watermelons 	<ul style="list-style-type: none"> <li>When the underside turns yellow and produces a dull sound when thumped.</li> <li>When the tendrils on the stem closest to the fruit turn brown and dry up.</li> </ul>	<ul style="list-style-type: none"> <li>Cut free with a <b>Utility Knife</b> or <b>Professional Shears</b> close to the fruit.</li> </ul>	 Grilled Watermelon & Shrimp Salad
Zucchinis 	<ul style="list-style-type: none"> <li>When 6 – 8 inches long.</li> <li>If they get too large, the plant will stop producing.</li> <li>Small zucchinis have much better flavor than large ones.</li> </ul>	<ul style="list-style-type: none"> <li>Cut free with a <b>Utility Knife</b> or <b>Professional Shears</b>.</li> <li>Leave a piece of the stem attached to the zucchini to avoid creating an opportunity for rot.</li> </ul>	 BLT Zucchini Boats

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### THE DOS AND DON'TS OF HARVESTING\*

**DO** pick early. In general, young vegetables are tastier and tenderer than mature ones.

**DO** pick often. The more you harvest, the more your plants produce.

**DO** check your garden daily when harvest time begins. You're more likely to get produce at its peak.

**DON'T** pull sturdy-stemmed produce (like peppers) from the plants. Use a **Utility Knife** or **Professional Shears** instead.

**DON'T** harvest when plants are wet; it could spread plant disease.

**DON'T** allow damaged leaves to remain on vegetable plants. Prune the leaves and water well, and healthy new leaves and blossoms will appear.