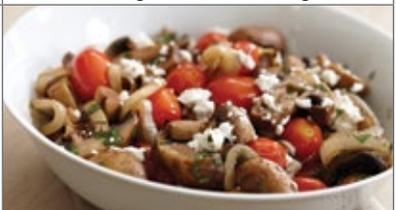


Grow It, Harvest It, Make It

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

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

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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.