



Harvesting a Garden with Kids

Planting a garden with kids is an excellent way to instill a love for fresh fruits and vegetables from an early age. Follow along with the steps outlined to successfully harvest your garden with kids.

STEP 1: Wash hands before entering the garden.

STEP 2: Select a designated spot to put items after picking, such as a basket or wagon that can be easily transported to a clean water source for washing.



STEP 3: Explain and demonstrate to children how to pick with care.

- Don't pull at the roots or on the leaves.
- Demonstrate how to properly remove the fruit or vegetable without disturbing other parts of the plant.

STEP 4: Wash freshly picked items before storage to remove potential dirt and bugs.

DIY produce wash:

Cold water

¼ cup distilled white vinegar

2 Tbsp salt

1. In a large bowl or clean sink, fill with cold water. Add vinegar and salt and stir with clean hands.
2. Add fruits and vegetables, let soak for 20 minutes.
3. Rinse well and remove from water. Pat dry or lay on towel for air drying.

Source: <https://thenaturalnurturer.com/homemade-fruit-and-veggie-wash/#recipe>



STEP 5: Store as needed. Certain foods should be kept at room temperature (50-70 degrees F), some in the refrigerator (41 degrees F or less) and some will need to ripen at room temperature before refrigeration.

STEP 6: Enjoy! Research has shown kids are much more likely to eat fruits and vegetables if they have helped in the growing process.



STEP 7: Decide what to do with a harvest surplus.

Option #1: Freeze for later. Clean and chop the produce as needed and place it in a freezer-safe container. These are great options for soups or stews during colder months.



Option #2: Donate. Check with your county health department for local laws regarding what you can and cannot donate.



Option #3: Send home with kids. Let parents know in advance if it was washed or not- since this is very important to keep the food safe.



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