

PLANTS	WHEN	HOW	TIPS
 Garlic	When the foliage begins to yellow or when the stem forms two complete curls, before the flower bud opens.	Loosen the soil around the pods before removing them using a shovel or fork. Brush to remove soil without removing the outer peel.	Dry the garlic for two weeks in a dark, dry, well-ventilated place. Unpeeled garlic bulbs will store for up to 6 months.
 Eggplant	Ripe eggplants are colourful, with firm, shiny skin that responds to light pressure with a finger.	Use pruning shears, keeping about 1 cm of stem attached to the fruit.	Smaller eggplants have less tough skin, less bitter flesh and less noticeable seeds.
 Beets	Beets should have a diameter of around 5 cm and a smooth, firm skin.	Loosen the soil around the root vegetable and extract by pulling on its stem and leaves.	Beet greens are among the most popular microgreens. You can eat the young beet leaves removed when thinning the seedlings.
 Broccoli	Broccoli should be 7.5 to 10 cm high. Its head is green and flowerless, its florets dense and tight.	Using a knife, cut the broccoli from the centre stem at a 45-degree angle. The side stems will continue to grow.	By cutting only the central stem and not the entire plant, you obtain a second harvest.
 Carrots	Harvest at any stage of development, early summer to fall. Late fall carrots that have suffered a little frost are the sweetest.	Loosen the soil around carrots using a gardening tool and remove by pulling on their leaves.	To prevent the tops of carrots that emerge from turning green, cover them with soil or mulch.
 Celery	When the stems reach a length of 20 to 25 cm and the leaves are well developed.	Cut the plant at ground level.	Store celery in the refrigerator in a damp cloth or in a jar filled with salted water.
 Brussels sprouts	Harvest when the sprouts are firm, very green and have a diameter of approximately 3 cm.	Sprouts should be cut with a knife or removed by hand, starting at the base.	Limit your picking to the amount you plan to eat in the next two or three days.
 Cabbage	Harvest summer cabbage when it is large and firm enough. Harvest winter cabbage after the first frost.	Cut at the base of the plant using a knife.	Do not wait too long to harvest as the vegetable risks bursting.
 Cauliflower	Harvest white, firm, compact florets measuring 6 to 8 inches in diameter.	Use a knife to cut the cauliflower. Keep an inch or two of stem, as well as some of the leaves surrounding it.	To keep the head of the cauliflower white, protect it by covering it with a few leaves taken from the plant.
 Pumpkins	Harvest pumpkin when the stem dries and softens.	If necessary, cut the stem with shears or pruning shears, leaving about 1.5 inches.	Apply mulch underneath, fertilize and preserve only 2 to 3 fruits per plant.
 Cucumber	Cucumbers should be picked when they are immature, before the seeds develop.	Cut the stem just above the fruit with garden shears or pruning shears.	Harvesting frequently encourages plants to produce.
 Squash	Harvest winter squash when they are firm, their skin becomes dull, and their foliage begins to wilt.	Cut squash from the vine using a knife or pruning shears. Retain ½ to 1 inch of stem.	To store winter squash for several months in a cool place, first dry them for a few days in a dry, sunny place.
 Zucchini	Harvest zucchinis when they less than 25 cm.	Cut zucchinis from the vine using a knife or pruning shears.	The more we harvest, the more the plant produces.
 Spinach	Harvest before the plant grows tall. Once it goes to seed, spinach is no longer edible.	Remove the outer leaves one by one, using the tip of a knife. Avoid removing the core of the plant so that it can continue to expand.	Young leaves are more tender and tastier. Many prefer to pick them when they measure between 5 and 10 cm.
 Beans	Beans should be about the size of a pencil and the seeds should not create a bulge.	Grasp the bean and detach it from the stem using your thumb, without pulling.	Growing varieties of climbing beans allows you to extend the harvest until fall.

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 Kale	Harvest the outer leaves during summer and fall and after the first frost for preservation purposes.	Cut the outer leaves one by one to prolong the harvest.	Cut the kale leaves an inch from the ground when they reach a height of 4 inches to allow the plant to regrow.
 Lettuce	Harvest early in the morning, before the plant begins to go to seed. The leaves should be crunchy, not drooping, and their edges intact.	Cut the head when it is well formed and reaches the desired size or pick the outer leaves one by one so the lettuce will continue to grow.	Young, tender lettuce shoots can be cut with scissors once they reach a height of 4 inches. They will grow back.
 Corn	The beard is brown, but the leaves surrounding the cob are still green.	Grasp the corn cob and pull it downward to detach it from the plant.	Pick ideally in the morning.
 Melon	The stem separates easily from the vine and the edges of the stem begin to crack.	Turn the fruit on itself until the stem gives way or cut the vine using pruning shears. Save an inch of stem to prevent rot.	A melon with many markings will be sweeter. A round watermelon will be sweeter than a more elongated watermelon.
 Onions	Harvest mature onions when their foliage completely withers and spreads to the ground.	Dig up the bulb and leave it to dry in the sun for two or three days. Remove the soil with your hands or a small brush.	Harvest at different stages of maturity. Early in the season, green onions are eaten with their foliage. At the beginning of summer, new onions must be consumed quickly.
 Peas and snow peas	Harvest peas when the pods are plump. Harvest snow peas while the pods are still thin and the peas barely developed.	Pick the pods with your fingers, holding the vine with one hand while you pull the stem with the other.	Harvesting every day will encourage the production of new pods.
 Leek	Harvest in the fall, after the frost, or very early in the spring, after the thaw. The stem is at least one inch in diameter and the underground part long and white.	Loosen the soil around the leek with your hands or with a gardening tool before extracting it from the ground by grabbing its base.	To make the operation easier, moisten the soil beforehand.
 Sweet peppers	When it reaches the desired size, whether the fruit is mature (red, orange or yellow) or not (still green).	Cut the stems of the peppers using a knife or pruning shears.	Picking peppers while they are still green encourages the plant to produce more.
 Potatoes	New potatoes should be harvested one week after flowers appear on the plant. Otherwise, wilting foliage indicates your potatoes are ready to harvest.	Loosen the soil around the plants (15 to 25 cm) when it is relatively dry. Potatoes are found at a depth of 10 to 15 cm.	With the exception of new potatoes, which must be consumed within hours of harvest, you can store potatoes in a cool, dry, dark and ventilated place.
 Hot peppers	When they are firm, shiny and have changed colour (mostly).	Cut the stem with scissors. Handle hot peppers with care.	Harvesting on a regular basis encourages production.
 Radishes	When the bulb can be seen between the stem and the root, 3 to 6 weeks after sowing. Harvest them while they are still small, otherwise the plant will go to seed.	Radishes are harvested easily by holding the base of the stem and pulling upward.	Radishes left in the vegetable garden for too long tend to crack and become more pungent.
 Tomatoes	When they are perfectly coloured, firm, but yield slightly to pressure. Harvest the still green fruits before frost. Partially coloured fruits will finish ripening in a dark place, the others can be cooked.	Gently turn them until they separate from the stem or cut the stem, near the fruit, using scissors or pruning shears.	The skin of tomatoes and cherry tomatoes tends to crack, especially after a rainfall. It is preferable to pick them before they are perfectly ripe.