



## Seed to Salad: Harvesting Tips

When it's time to make salad, here are harvesting tips that are simple and fun:

- Harvest with kid-size scissors. It's hard to pick lettuce and greens without tearing up the roots. It also makes them easier to wash, since you're not pulling out soil. Using scissors, cut lettuces and greens just above the soil.
- Have plenty of bowls handy for harvested lettuce and greens.
- Large plastic storage tubs are ideal for washing lettuce and greens. Fill about half way with water, add a little lettuce and greens at a time, swish around and remove. Place lettuce and greens in colanders and shake to get rid of excess water. Refill with water as it becomes dirty.
- Become human salad spinners! Gather a dozen or so clean pillowcases. You may want to invest in some inexpensive ones reserved for your Seed to Salad project. Add a couple handfuls of lettuce that has been washed and drained in colanders to the pillowcase. Close, grip and start spinning.
- Keep salad bowls separate from harvest bowls. Keep a couple large bowls reserved for clean, dry lettuce and greens.

