

Harvest Log Instructions

Accurately measuring and recording everything you harvest from your garden is very important! Our funder requires that we submit harvest totals for the program every two months and they use this data to determine our level of funding each year. So, it's important we are able to turn in an accurate reflection of what everyone grew this year! We do not ask for much in return for your participation in this program, so please take this requirement seriously!

You may measure your harvests by weight or by volume:

- Measure weight in pounds by using a kitchen scale. Cheap kitchen scales that can hold up to 11lbs are available online or at grocery and kitchen supply stores. This is the most accurate way to measure your harvest.
- Measure volume in pecks. What is a peck you ask? A peck is two gallons, so you can either use a one or two gallon bucket to measure your harvest or you can use a standard plastic grocery shopping bag. These bags are free and hold exactly a peck of produce. It's fine to round to the nearest quarter peck for recording purposes.

Recording your harvests

In your binder, you should have enough monthly harvest logs for 8 months of records. Please fill out this out each and every time you harvest something! Find the crop listed on the harvest log and then fill in the date and quantity harvested. For example:

Crop	Date Harvested	Quantity	Date Harvested	Quantity
Basil	6/10	¼ lb	6/17	½ lb
Beans	6/10	3 lbs	6/14	1.5 lbs
Beets	6/5	½ peck	6/10	1 peck

Submitting your harvest totals

Every two months, I will ask you to submit your harvest totals. I will need you to add up your harvests and send me one total number for the two months. It's hard to remember what you picked over two months, so save yourself some hassle and just keep good records of it! For the above example, you would send me the following totals:

- Basil: ¾ lb
- Beans: 4.5 lbs
- Beets: 1.5 pecks

Due Dates for Harvest Totals:

May 31 (April & May totals)

July 31 (June & July totals)

Oct 20 (August, Sept & Oct totals)

Reminders will be sent for when totals are due. Please send your totals in on time!

Cilantro								
Collard greens								
Corn								
Cucumbers								
Dill								
Eggplants								
Fennel (bulb)								
Garlic								
Ginger								
Grapes								
Green onions								
Ground cherries								
Jerusalem artichokes								
Kale								
Kohlrabi								
Leeks								
Lettuce								
Mint								
Mushrooms- shitake								
Mushrooms- oyster								
Mustard greens								

Okra								
Onions-storage								
Pac choi (or bok choi)								
Parsley								
Parsnips								
Peaches								
Peanuts								
Pears								
Peas								
Pecans								
Peppers-jalapeno sized								
Peppers-bell								
Popcorn								
Potatoes								
Pumpkins								
Radishes								
Raspberries								
Rhubarb								
Rosemary								
Rutabaga								
Sage								

Sorghum								
Spinach								
Squash-summer								
Squash-winter								
Strawberries								
Sweet Potatoes								
Thyme								
Tomatillos								
Tomatoes- cherry								
Tomatoes								
Turmeric								
Turnip greens								
Turnips								
Watermelons								
Zucchini								

Plant	Family	Plant Spacing (inches)	Row Spacing (inches)	Plants per Person	First Spring Planting	Successions per season	Last Fall Planting	Seeds or Transplants	Days to Harvest	Tall/short	Grow Under Insect Barrier
Amaranth	Greens	12	36	2-4	Late April	1		Seeds		Tall	
Artichoke	Thistle	36	36	2	May	1		Transplant	100	Medium	
Arugula	Brassica/Greens	2	6	32	March	2-3	September	Seeds		Short	Yes
Asparagus	Asparagus	24	48	2-3	May	1		Transplant	3 years	Short	
Basil	Herbs/Greens	12	24	2-3	May	1		Transplant		Short	
Beans, Bush	Legumes	4	6	12-16	May	2-4		Seeds	55	Short	
Beans, Pole	Legumes	4	24	12	May	1		Seeds	60	Tall/trellis	
Beets	Root Crops	4	6	10-20	April	3-10	August	Seeds	40	Short	
Broccoli	Brassica	18	24	2-4	April	2-3	August	Transplant	80	Short	Yes
Brusselsprouts	Brassica	18	24	3-4	April	1	August	Transplant	90-100	Short	Yes
Cabbage	Brassica	18	24	2-4	April	2-3	August	Both	60-90	Short	Yes
Cardoon	Thistle	36	36	2	May	1		Transplant	100	Medium	
Carrots	Root Crops	3	6	10-20	April	2-4	August	Seeds	65	Short	Yes
Celery	Herbs/Greens	12	12	1	April	1		Transplant	60	Short	
Cilantro	Herbs/Greens	6	6	2-4	April	3-4	August	Seeds	40	Short	
Collards	Brassica	18	24	2	April	1-2	August	Both	60	Short	Yes
Corn	Grass	12	24	10-20	May	1-2		Seeds	70-120	Tall	
Cucumber	Cucurbit	8	24-36	2-3	May	2-3		Both	60-80	Tall/Trellis	Some Varieties
Dill	Herbs/Greens	6	6	4-5	April	2-3		Seeds	40	Short	
Eggplant	Nightshade	18	24	2-3	May	1		Transplant	80	Short	Yes
Fennel	Herbs/Greens	6	6	4-6	May	3-4		Seeds	80	Short	
Garlic	Allium	6	6	10	No	1	October	Garlic Cloves	8 months	Short	
Kale	Brassica	18	24	2-3	April	1-2	August	Both	60	Short	Yes
Kohlrabi	Brassica	8	8	6-8	April	2-3	August	Seeds	70	Short	Yes
Leeks	Allium	4	6	5-10	April	1-2	June	Both	100	Short	
Lettuce	Greens	8	8	6-10	April	3-10	September	Seeds	50	Short	
Melons	Cucurbit	12	36	2-4	May	1-2		Both	70-90	Tall/Trellis	
Mustard	Brassica	6	6	5-6	April	2-3	August	Seeds	50	Short	Yes

Plant	Family	Plant Spacing (inches)	Row Spacing (inches)	Plants per Person	First Spring Planting	Successions per season	Last Fall Planting	Seeds or Transplants	Days to Harvest	Tall/short	Grow Under Insect Barrier
Nasturtiums	Herbs/Greens	12	12	1	May	1		Seeds	60	Short	
Okra	Okra	18	24-36	6	May	1		Seeds	60	Tall	
Onions	Allium	6	6	10-20	April	1-2		Onion Starts	90-150	Short	
Pac Choi	Brassica	12	12	4-6	April	2-3	August	Both	50	Short	Yes
Parsley	Herbs/Greens	12	12	1	April	1		Seeds	50	Short	
Parsnips	Root Crops	4	4	10-20		1	July	Seeds	120	Short	
Peas	Legumes	4	36	30	April	1-2	August	Seeds	60	Tall/Trellis	
Peppers	Nightshade	18	24	3-4	May	1		Transplant	80-100	Short	Shade Cloth
Potatoes	Nightshade	12	24	2-4	April	1-2		Seed potatoes	6 weeks after top	Short	
Radishes	Brassica/Root Crop	3	6	5-10	April	3-4	September	Seeds	30	Short	
Rhubarb	Rhubarb	36	36	1	May	1		Transplant	1 year	Medium	
Sorel	Greens	4	6	5	April	1		Seeds	40	Short	
Spinach	Greens	8	8	15-20	April	2-3	September	Seeds	50	Short	
Summer Squash	Cucurbit	36	36	1-2	May	2-3		Both	50	Short	
Sweet Potatoes	Sweet potatoes	24	36	5	Late May	1		Slips	before first frost	Short	
Swiss Chard	Greens	12	12	2-4	April	1-2	August	Seeds	60	Short	
Thyme	Herbs/Greens	12	24	1	April	1		Seeds	100	Short	
Tomatillos	Nightshade	18	36	2-4	May	1		Transplant	70	Tall/Trellis	
Tomatoes, Cherry	Nightshade	18	36	2-4	May	1		Transplant	70	Tall/Trellis	
Tomatoes, Sauce	Nightshade	18	36	3-6	May	1		Transplant	70	Tall/Trellis	
Tomatoes, Slicing	Nightshade	18	36	2-4	May	1		Transplant	70	Tall/Trellis	
Turnips	Brassica/Root Crop	6	6	5-10	April	2-3	August	Seeds	60	Short	Yes
Winter Squash	Cucurbit	36	60	1	May	1		Both	120	Short	
Zucchini	Cucurbit	36	36	1-2	May	2-3		Both	50	Short	



Soil Sample Information Sheet for Home Lawns, Gardens, Fruits, and Ornamentals

Please Type or Write Legibly (Form expires January 2020)

Use another form for commercial crop production. See other side for sampling instructions. Processing will be delayed if soil is not received in the lab's sample container. For a recommendation, be sure to fill in a plant code number. Each sample must have its own form. For more information, go to www.soiltest.vt.edu or contact your local Virginia Cooperative Extension office.

Your Name: _____ Phone: _____ E-mail To Send Report To: _____ Mailing Address: _____ _____ City: _____ ZIP Code (required): _____ County Where Soil is Located (required): _____ Copy Report To (Consultant, etc.): _____ Their E-mail: _____	Date sampled: _____ MM/DD/YY Office Use only Extension Unit Code: <div style="border: 1px solid black; width: 80px; height: 50px; margin: 5px auto;"></div>
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SAMPLE IDENTIFICATION Your Sample Box Number or Name (Up to 5 digits) <div style="border: 1px solid black; width: 100%; height: 20px; display: flex; justify-content: space-around;"> <div style="width: 20%; height: 15px;"></div> <div style="width: 20%; height: 15px;"></div> <div style="width: 20%; height: 15px;"></div> <div style="width: 20%; height: 15px;"></div> <div style="width: 20%; height: 15px;"></div> </div>	PLANT TO BE GROWN Insert Plant Code # from list at right <div style="border: 1px solid black; width: 100%; height: 20px; display: flex; justify-content: space-around;"> <div style="width: 20%; height: 15px;"></div> <div style="width: 20%; height: 15px;"></div> <div style="width: 20%; height: 15px;"></div> </div>	<p style="text-align: center;">PLANT CODE LIST (Select One)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <u>Lawn: Kentucky Bluegrass, Fescue, or Ryegrass</u> 201 Establishing New Lawn 202 Maintaining Lawn, Repair of Bare Spots <u>Lawn: Bermudagrass, Zoysiagrass, or St. Augustine</u> 203 Establishing New Lawn 204 Maintaining Lawn, Repair of Bare Spots <u>Garden</u> 210 Vegetable Garden 211 Flower Garden 212 Roses <u>Acid-Loving Shrubs</u> 240 Azaleas 241 Andromedas 242 Camellias 243 Laurel 244 Rhododendron </td> <td style="width: 50%; vertical-align: top;"> <u>Non-Acid-Loving Shrubs and Trees</u> 245 Shrubs - Lilac, Forsythia, Boxwood, etc. 246 Trees - Pine, Maple, Oak, etc. <u>Fruits</u> 220 Apples 221 Blackberries 222 Blueberries 223 Currants 224 Gooseberries 225 Grapes 226 Nectarines 227 Peaches 228 Pears 229 Plums 230 Quince 231 Raspberries 232 Sour Cherry 233 Strawberries 234 Sweet Cherries <u>House Plants</u> 250 Potted House Plants </td> </tr> </table>	<u>Lawn: Kentucky Bluegrass, Fescue, or Ryegrass</u> 201 Establishing New Lawn 202 Maintaining Lawn, Repair of Bare Spots <u>Lawn: Bermudagrass, Zoysiagrass, or St. Augustine</u> 203 Establishing New Lawn 204 Maintaining Lawn, Repair of Bare Spots <u>Garden</u> 210 Vegetable Garden 211 Flower Garden 212 Roses <u>Acid-Loving Shrubs</u> 240 Azaleas 241 Andromedas 242 Camellias 243 Laurel 244 Rhododendron	<u>Non-Acid-Loving Shrubs and Trees</u> 245 Shrubs - Lilac, Forsythia, Boxwood, etc. 246 Trees - Pine, Maple, Oak, etc. <u>Fruits</u> 220 Apples 221 Blackberries 222 Blueberries 223 Currants 224 Gooseberries 225 Grapes 226 Nectarines 227 Peaches 228 Pears 229 Plums 230 Quince 231 Raspberries 232 Sour Cherry 233 Strawberries 234 Sweet Cherries <u>House Plants</u> 250 Potted House Plants		
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SOIL INFORMATION Last Lime Application						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%; text-align: center;">Months Previous</th> <th style="width: 50%; text-align: center;">Pounds per 1,000 sq. ft.</th> </tr> <tr> <td style="text-align: center;"> <input type="radio"/> - <input type="radio"/> 0 - 6 <input type="radio"/> 7 - 12 <input type="radio"/> 13 - 18 <input type="radio"/> 19+ </td> <td style="text-align: center;"> <input type="radio"/> 0 <input type="radio"/> 10 - 50 <input type="radio"/> 51 - 100 <input type="radio"/> 101 - 150 <input type="radio"/> 151+ </td> </tr> </table>	Months Previous	Pounds per 1,000 sq. ft.	<input type="radio"/> - <input type="radio"/> 0 - 6 <input type="radio"/> 7 - 12 <input type="radio"/> 13 - 18 <input type="radio"/> 19+	<input type="radio"/> 0 <input type="radio"/> 10 - 50 <input type="radio"/> 51 - 100 <input type="radio"/> 101 - 150 <input type="radio"/> 151+		
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SOIL TESTS DESIRED AND FEES <input type="checkbox"/> Routine (soil pH, P, K, Ca, Mg, Zn, Mn, Cu, Fe, B, and estimated CEC) <input type="checkbox"/> Organic Matter - Determines percentage in soil - no recommendation given <input type="checkbox"/> Soluble Salts - Determines if fertilizer salts are too high	Bill to: Appalachian Sustainable Development P.O. Box 791 Abingdon, VA 24210
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Make check or money order payable to "**Treasurer, Virginia Tech**". Please send this form along with payment, together with corresponding samples in the same sturdy shipping container to: Virginia Tech Soil Testing Lab, 145 Smyth Hall (MC 0465), 185 Ag Quad Ln, Blacksburg VA 24061.

Important:

For test results to be meaningful, use extreme care when taking soil samples. Each sample represents many tons of soil in your lawn or garden. Test results cannot be any more accurate than the sample submitted to the laboratory. **Do not** take samples when the soil is extremely wet.

Sampling Instructions:

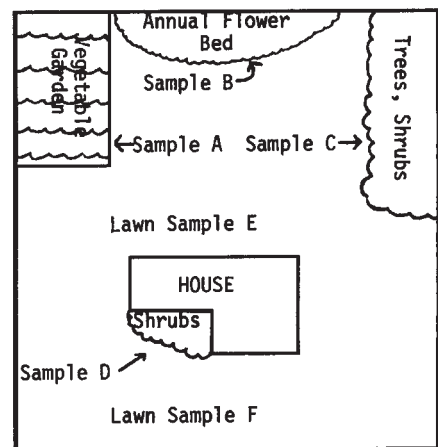
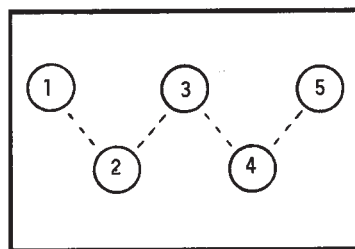
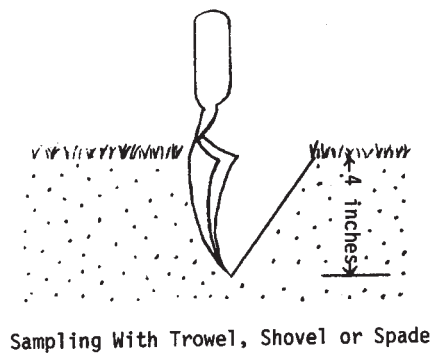
Divide your lawn or garden into sampling areas. Each area should be uniform in the kind of soil and in the past fertilizer and lime treatments it has received. An example would be separate samples (areas) for front and back lawns. For **shrubs and trees**, select an area from the trunk to the outer edges of the branches. Take a separate sample from each area as shown in the diagram below.

Use the following procedure for each sampling area:

- A – Take samples with a trowel, shovel, spade, or auger. Make a vertical cut 4" deep for lawns, or to plowing depth for gardens, and push the soil aside. Then cut a thin slice from the side of the opening that is of uniform thickness, approximately 2" in width, and extending from the top of the ground to the depth of the cut. Scrape away or discard any surface mat of grass or litter and place the slice of soil into a clean bucket or other container. Follow this sampling procedure in 10 or more different locations within each sampling area, each time placing the resulting soil in the same container, giving you a composite sample.
- B – Thoroughly mix the soil from the composite sample and then fill the sample box to the top with the mixture. Fill in the information requested on the side of the sample box, including sample number, complete the other side of this sheet, and send sample, sheet, and payment directly to the Soil Testing Laboratory.

For additional sampling instructions go to www.soiltest.vt.edu.

How To Take Composite Samples of Each Bed or Section



Reviewed by Steve Heckendorn, laboratory manager, Crop and Soil Environmental Sciences

www.ext.vt.edu

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