Guidelines

how can I participate?

You can create a MYHarvest account, where you will log your crop harvests. We will also collect some basic information about how and where you are growing your fruit and vegetables. To get started **click here**

what do I need?

All you need to get involved is:

a tape measure

a set of scales

what we need to know about your fruit and vegetable harvests

Each of the crops you submit measurements for will be used to calculate the harvest per unit area (yield). For each individual crop you will need to tell us:

1. The area on which you grow your crop
2. The weight of the crop you harvest from each bed

which crops are included in MYHarvest?

We are collecting harvest data on the 25 popular UK fruit and vegetable crops listed below:

- Potatoes
- Beetroot
- Carrots
- Parsnips
- Turnips / Swedes
- Cabbage
- Brussel sprouts
- Broccoli
- Onions

- Leeks
- French / climbing beans
- Runner beans
- Broad beans
- Peas
- Courgettes
- Squash / Pumpkins
- Sweetcorn
- Lettuce / salad leaves

- Tomatoes
- Currants
- Strawberries
- Raspberries
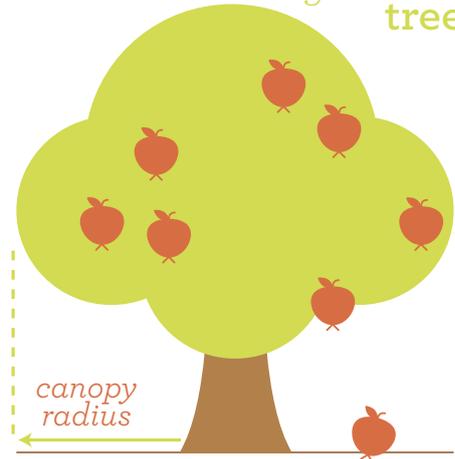- Gooseberries
- Apples
- Plums

measuring
your crop growing area

fig 1. **growing beds**

width

1.7m

length

3.2m
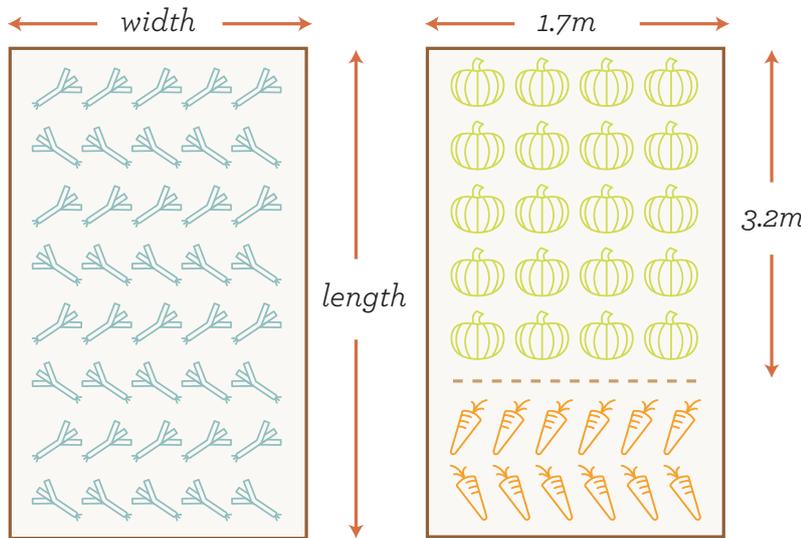
width = 1.7m
x
length = 3.2m
=
area = 5.44m²

fig 2. fruit tree

canopy radius

Use a measuring tape to measure the width and length of each fruit or vegetable crop growing area. Multiply the width by the length to give you the area. Measurements can be taken in either feet or metres, but please select the correct units on the website when logging your crop *(please see figure 1 for details)*.
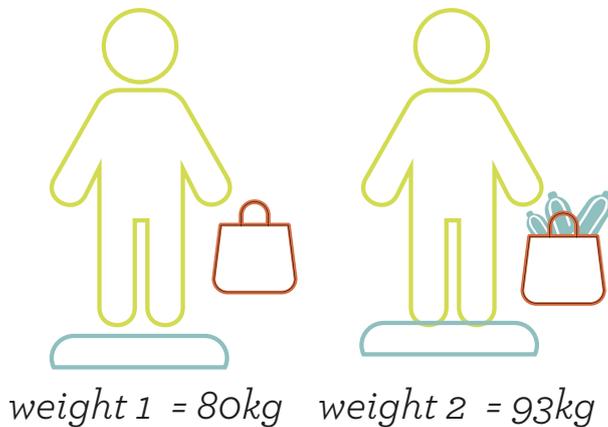
If you are logging a fruit tree we need to estimate the area of ground that your tree covers (this the tree canopy). All we need to do this is the distance from the tree trunk to farthest leaves *(please see figure 2)*.

preparing to weigh your crop

Crop	Preparation for weighing
Potatoes	Air dried and unwashed
Beetroot, Carrots, Parsnips & Turnips / Swedes	Washed and air dried, with tops trimmed to < 5 cm
Cabbage	Excess leaves removed and base trimmed to where edible leaves start
Brussel Sprouts	Stem removed; weigh just the sprouts
Broccoli	Broccoli heads trimmed to a 10 cm stalk and leaves trimmed
Onions	Roots removed, air dried and free of soil (ready for storage)
Leeks	Roots removed, cleaned and trimmed to approx. 20 cm green leaf
Beans: French / climbing, runner & broad	Fresh, untrimmed. Broad beans still in pod
Peas	Fresh, in pods, untrimmed
Courgettes & Squash / Pumpkins	Stem removed, soil brushed off
Sweetcorn	Leaves and stems removed
Lettuce / salad leaves	Excess/inedible leaves removed, weigh before washing
Tomatoes	Unwashed with calyx (green top) still attached (where possible)
Currants, Strawberries, Rasberries & Gooseberries	Leaves and stems removed
Apples	Leaves and twigs removed, stalks retained
Plums	Leaves and twigs removed

weight 2 = 93kg
-
weight 1 = 80kg
=
———
crop = 13kg

weighing your harvest

fig 3. **bathroom scales**

weight 1 = 80kg   *weight 2* = 93kg

fig 4. **kitchen scales**

Most crops are harvested regularly over the growing season, other crops (like potatoes and onions) can be harvested at one time. You can submit your crop weights as you harvest them (and the website will add up your total harvest) or you can submit a total weight when you have finished harvesting your crop. You can submit your harvest weights in either kilograms (e.g. 2.6 kg) or ounces (e.g. 20 oz - click here to get a simple chart to convert your harvest weight in pounds and ounces to just ounces).

Harvest your crop as you normally would and trim it as you might expect to buy it from a farm store (for crop specific guidelines, see the table below). Small, regular harvests can be weighed on kitchen scales. Large harvests can be weighed in batches on your kitchen scales or on bathroom scales using this method:

1.   Stand on the bathroom scales and write down your weight

2.   Pick up your harvest and write down your weight with the harvest

3.   The difference between 1 and 2 is the weight of your harvest

You can print out a MYHarvest recording sheet by **clicking here**

SUBMIT