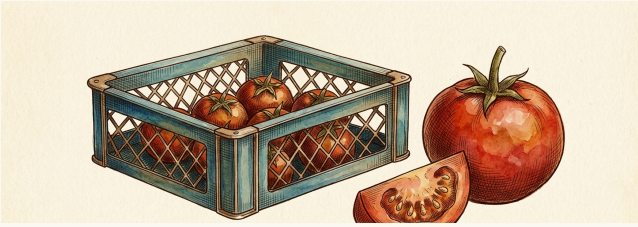
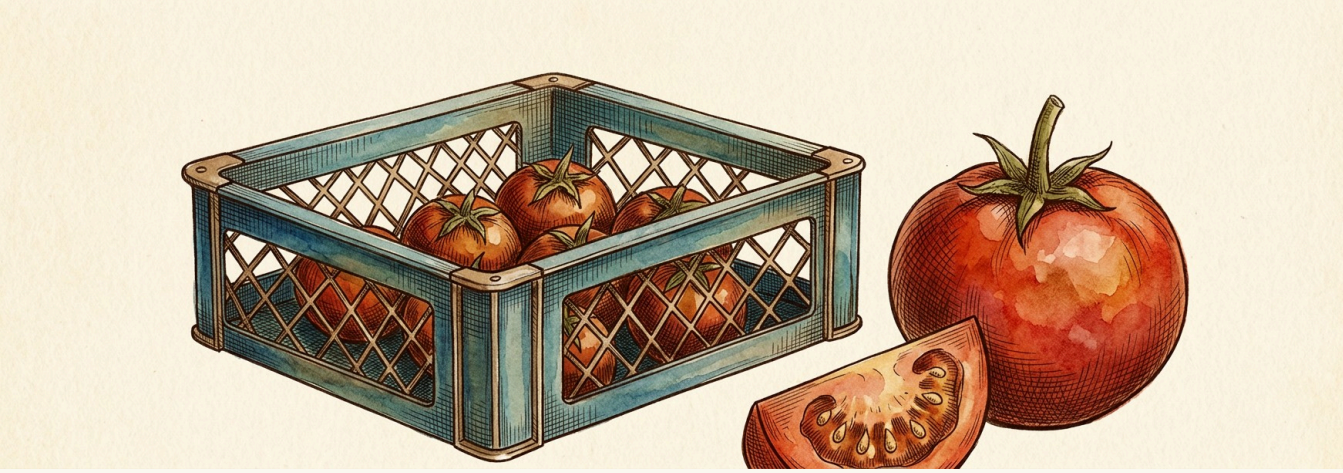
Harvesting, Storing and Packaging

Les critères de maturité, récolte aux heures fraîches avec les bons gestes, lavage, égouttage, tri de calibrage et stockage optimal.



CONTENTS

1 This document aims to provide guidance on the best techniques to use for harvesting, storing, and packaging
2 MARKET GARDENING
3 HARVEST
4 You will need the following equipment:
5 STEP 1: HARVEST AT THE RIGHT TIME AND USING
6 COLOR
7 TOO SOON
8 EARLY MORNING
9 CLEAN TOOLS
10 Once harvesting is complete, sort your produce immediately: rotten fruit can spread m
11 STEP 2: WASH AND DISINFECT IF NECESSARY
12 Wash your vegetables with clean, drinkable water.
13 Food
14 To prevent vegetables from coming into contact with dirty surfaces, set up a cleaning
15 STEP 3: STORE EFFICIENTLY
16 COOL LOCATION
17 ATO
18 REMOVE DAMAGED PRODUCTS
19 STEP 4: TRANSPORT WITHOUT DAMAGE
20 👎
21 Harvest at the right time, sort, wash, and pack neatly, then store in the shade and transport quickly: these are



This document aims to provide guidance on the best techniques to use for harvesting, storing, and packaging

products.

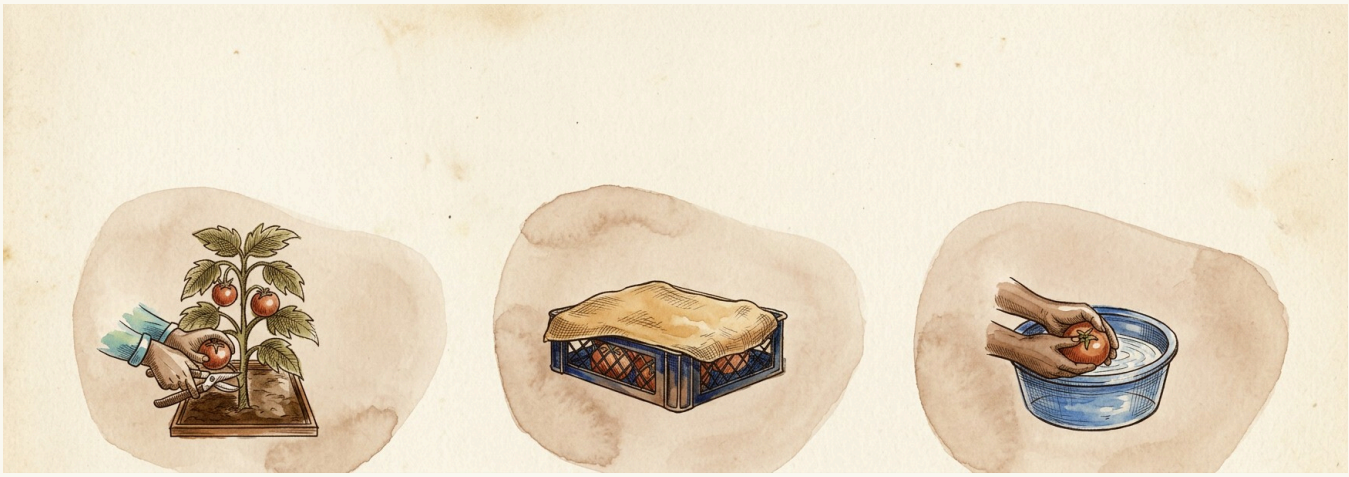
These techniques enable products to retain their full quality.



MARKET GARDENING

TRAINING

HARVEST, STORE, PACKAGE



HARVEST

STORE

PACKAGE

Before you begin, it is important to understand the three words that you will hear frequently in this module:

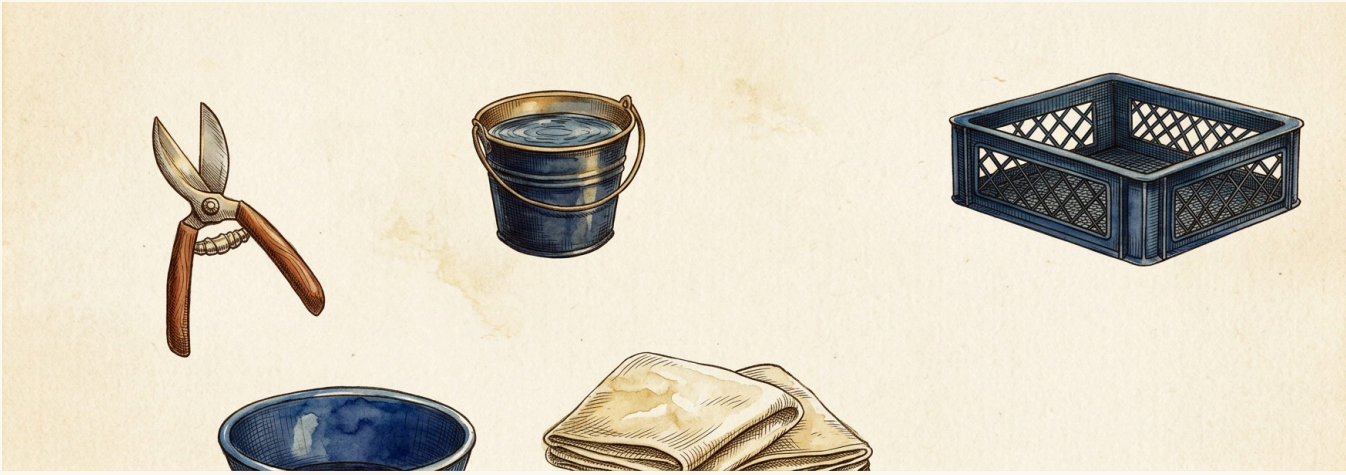
Harvesting means picking fruit or vegetables at the right time, without damaging them.

Storing means keeping produce in good conditions so that it stays fresh longer.

Packaging means washing, sorting, and wrapping produce so that it can be easily sold, transported, or stored.

4

You will need the following equipment:



You will need the following equipment:

Pruning shears or scissors, depending on the crop

Plastic buckets, crates, or baskets

Shelves for storage

Basins

Fabrics

Tags



STEP 1: HARVEST AT THE RIGHT TIME AND USING

THE RIGHT TECHNIQUES



COLOR

FIRMNESS

SMELL / TASTE

You should harvest fruit and vegetables when they are ripe.

To do this, you need to look at several things:

The color: it changes as the produce ripens.

The firmness: by touching it, you can feel whether the fruit is still hard or starting to soften.

The smell and sometimes the taste: ripe fruit often smells good and tastes good if you can taste it.

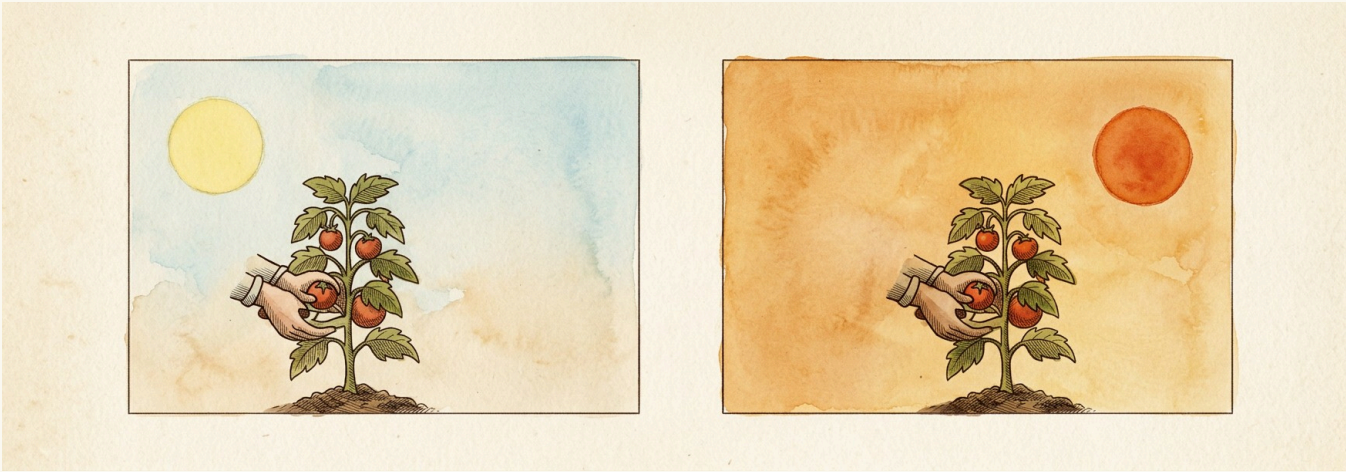


TOO SOON

If you harvest too early, the product is still hard and has no taste.

If you harvest too late, it may be damaged and difficult to sell.

TOO LATE



EARLY MORNING

Always harvest early in the morning or late in the day when it is cooler.

Cool temperatures help preserve crops better.

LATE IN THE DAY



CLEAN TOOLS

CUT CAREFULLY

PLACE GENTLY

YES

Use your hands or clean, sharp tools such as pruning shears or scissors.

Cut or detach the vegetables carefully.

Place them gently in baskets or buckets, without throwing them.

Avoid knocking or crushing them.

The more carefully you harvest, the longer your produce will keep.

👍

NO

👎

Once harvesting is complete, sort your produce immediately: rotten fruit can spread mold to other items. ...



Once harvesting is complete, sort your produce immediately: rotten fruit can spread mold to other items. Set aside

any fruit or vegetables that are damaged, stained, or overripe so that they do not spoil the rest of the harvest.



STEP 2: WASH AND DISINFECT IF NECESSARY

STEP 2: WASH AND DISINFECT IF NECESSARY

Wash your vegetables with clean, drinkable water.



Wash your vegetables with clean, drinkable water.

Do not use water from canals or backwaters: it may be dirty and transmit diseases.

Rub your vegetables gently to clean them thoroughly without damaging them.



Food

BLEA

CH

If you sell or store products, remember to disinfect them.

For example, use a few drops of food-grade bleach in a bucket of clean water.

Then rinse with clean, drinkable water.

To prevent vegetables from coming into contact with dirty surfaces, set up a cleaning station.



To prevent vegetables from coming into contact with dirty surfaces, set up a cleaning station.

Use basins or buckets to separate dirty water from clean water.

Prepare a clean table to place the washed vegetables on.



STEP 3: STORE EFFICIENTLY

STEP 3: STORE EFFICIENTLY



COOL LOCATION

CLEAN

Prepare a suitable storage area :

Choose a cool, shaded location.

Sweep and wash the area before use.

Protect the area from insects, animals, and rodents.

PEST-FREE

ATO



ATO

TOM 025

7/2

23/0

Store your produce properly:

Only store healthy vegetables: no damaged, dirty, or rotten produce.

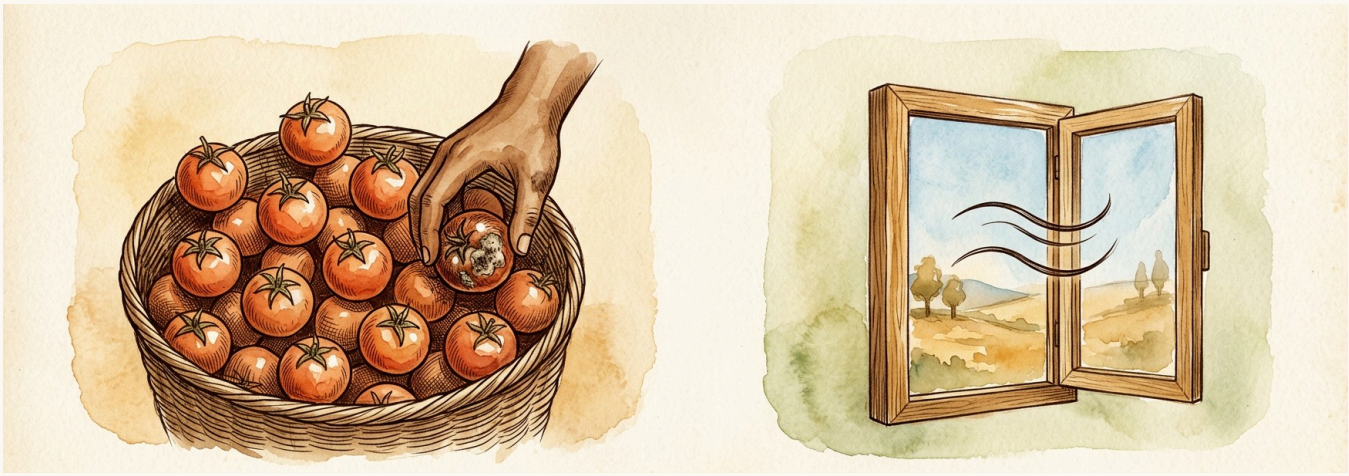
Do not place them directly on the floor: use baskets or shelves.

Cover them with a damp cloth to keep them fresh.

Do not pile them too high to avoid heat and crushing.

Write on a label: the harvest date, the name of the product, the place or field of origin. This allows you to better manage your stock and reassure your buyers.

REMOVE DAMAGED PRODUCTS



REMOVE DAMAGED PRODUCTS

VENTILATE

Every day:

Check your food: immediately remove any items that are starting to spoil to prevent them from contaminating others.

Ventilate regularly: open doors or windows for a few hours each day to prevent mold growth.



STEP 4: TRANSPORT WITHOUT DAMAGE

STEP 4: TRANSPORT WITHOUT DAMAGE



👎

👍

When your vegetables leave the field, they must be transported with care.

Improper transportation can ruin your entire harvest.

Avoid plastic bags; instead, use baskets, tubs, or open-sided crates to prevent heat buildup and suffocation.

Do not pack the vegetables too tightly so they can breathe and are not crushed. Place the most fragile items

on top.

Transport early in the morning or late in the day to avoid the heat.

Transport quickly: the shorter the transport time, the better.



Harvest at the right time, sort, wash, and pack neatly, then store in the shade and transport quickly: these are

simple steps, but they are essential for preserving the quality of your vegetables and making the most of all your

hard work.