

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. If you grow in both your garden and an allotment, you'll need to make a separate account for each (these can use the same email and password).

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

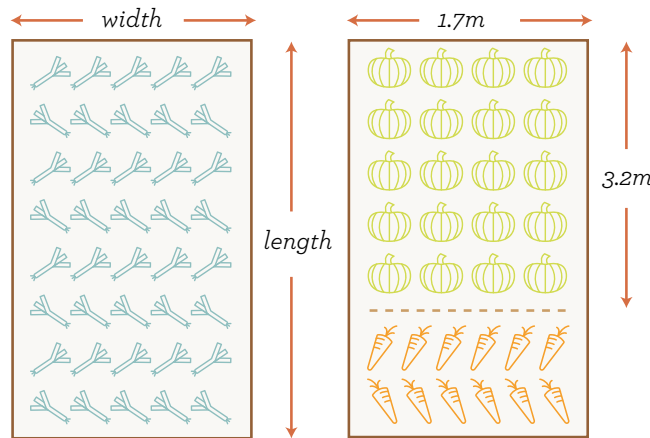
which crops are included in MYHarvest?

We are collecting data on 40 of the most popular UK fruit and vegetable crops, listed below:

- | | | | |
|-------------------|---------------------------|--------------------------|---------------------|
| • Apples | • Chard | • Lettuce / Salad Leaves | • Rhubarb |
| • Asparagus | • Courgettes | • Loganberry | • Runner Beans |
| • Beetroot | • Cucumbers | • Onions | • Spinach |
| • Blackberry | • Currants | • Parsnips | • Squash / Pumpkins |
| • Blueberry | • French / Climbing Beans | • Pear | • Strawberries |
| • Broad Beans | • Garlic | • Peas | • Sweetcorn |
| • Broccoli | • Gooseberries | • Peppers | • Tomatoes |
| • Brussel Sprouts | • Kale | • Plums | • Turnips / Swedes |
| • Cabbage | • Jerusalem Artichoke | • Potatoes | |
| • Carrots | • Leeks | • Radish | |
| • Cauliflower | | • Raspberries | |

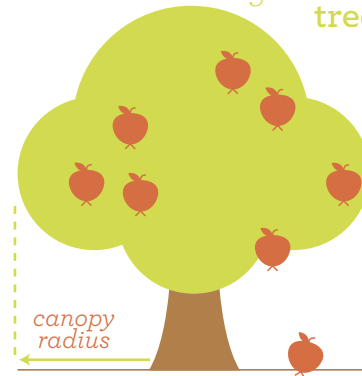
measuring your crop growing area

fig 1. growing beds



$$\begin{array}{r} \text{width} = 1.7\text{m} \\ \times \\ \text{length} = 3.2\text{m} \\ \hline = \\ \text{area} = 5.44\text{m}^2 \end{array}$$

fig 2. fruit tree



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 (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 (see figure 2). If you have a trained fruit tree (e.g. in cordons or espaliers), select Trained Apple or Trained Pear crop categories and enter the area (length x width) as you would for other crops.

preparing to weigh your crop

Crop	Preparation for weighing
Apples & pears	Leaves and twigs removed, stalks retained
Plums	Leaves and twigs removed
Berries & currants	Leaves and stems removed
Tomatoes	Unwashed with calyx (green top) still attached, if possible
Onions & garlic	Roots removed, air-dried and free of soil (ready for storage)
Leeks	Roots removed, cleaned and trimmed to approx. 20cm green leaf
Broccoli & cauliflower	Heads trimmed to a 10 cm stalk and leaves trimmed
Brussel sprouts	Stems removed – just weigh the heads
Cabbage	Excess leaves removed and base trimmed to where edible leaves start
Kale, Chard & Spinach	Individual leaves cut from stem/base, weigh before washing
Lettuce / salad leaves	Individual leaves cut or excess/inedible leaves removed from head, weigh before washing
Courgettes, Cucumbers & Squash / pumpkins	Stem removed, soil brushed off
Peas, Broad Beans, Runner Beans & French / Climbing Beans	Fresh, in pods, untrimmed.
Asparagus	Stalks trimmed, weigh unwashed.
Rhubarb	Leaves removed, stalks trimmed to base.
Sweetcorn	Leaves and stems removed
Beetroot, Carrots, Parsnips & Turnips / swedes	Washed and air-dried, with tops trimmed to <5 cm
Potatoes and Jerusalem Artichokes	Air-dried and unwashed
Radish	Leaves and excess / non-bulbous root trimmed

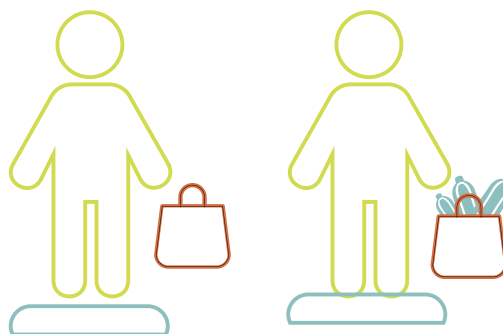
weighing your harvest



fig 3. kitchen scales

$$\begin{array}{r}
 \text{weight 2} = 93\text{kg} \\
 - \\
 \text{weight 1} = 80\text{kg} \\
 \hline
 = \\
 \text{crop} = 13\text{kg}
 \end{array}$$

fig 4. bathroom scales



weight 1 = 80kg weight 2 = 93kg

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 on page 2). Small, regular harvests can be weighed on kitchen scales (see figure 3). Large harvests can be weighed in batches on your kitchen scales or on bathroom scales using this method (see figure 4):

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 YOUR HARVEST

If you have any questions on how to take part, please check the FAQs on the website, or email: myharvest@sheffield.ac.uk