

*A bountiful crop of Roma Tomatoes is easily grown indoors with lights.*

## Introduction

The payoff for all the research, work, expense, and the long, patient wait is a bountiful harvest. Strong, healthy, well-grown cuttings and seedlings yield the heaviest harvests. A well-organized pre-harvest and harvest are essential to preserve produce quality and decrease the workload.

Harvest when plants or fruits are at peak ripeness. Harvest timing is critical. The peak harvest window is open for about five to seven days.

Avoid the taste of organic or chemical fertilizers in harvested vegetables and herbs by flushing with plain water or a clearing solution to remove any residuals and chemicals that have built up in soil or plant foliage. Ten to fourteen days before harvesting, flush the garden with distilled water or water treated with reverse osmosis. Use a clearing solution such as Final Flush® if you have to use plain tap water that contains dissolved solids. Some gardeners fertilize until three to four days before harvest and use a clearing solution to remove fertilizer residues. Apply this water just as you would apply nutrient solution. Always let at least ten percent, preferably more, drain out the bottom of containers. If using a recirculating hydroponic system, change the water after the first four to six days of application. Continue to top off the reservoir with "clean" water.

If growing herbs that will be dried, do not water for one or two days before harvest. The soil should be fairly dry, but not dry enough that plants wilt. This will speed drying time by a day or more and not affect the quality of the end product.

## Harvest

Growth stops at harvest. Prolonged periods of light, temperatures above 80°F (27°C), friction from fondling hands, and damp, humid conditions should be avoided.



*This crop of Hungarian Wax peppers is just starting to bear fruit.*



*Fresh squash is very easy to grow indoors and yields prolifically.*



*Harvest long thin-skin cucumbers and sweet eggplant all year round.*



*Hydroponically grown grapes from Chile.*



*Produce from Floriade in the Netherlands, a showcase of high technology for growers.*



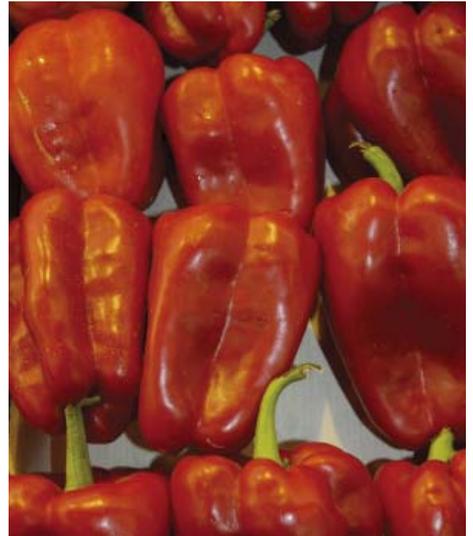
*Spain produces vast quantities of hydroponic lettuces and other foods.*



*“Pimientos del Padrón” recently harvested from a hydroponic garden.*



*Enjoy crops of big green peppers all year round with a hydroponic garden.*



*Imagine growing fresh thick-wall red peppers like this in your hydroponic garden.*



*Bountiful food crops will soon be yours when you start gardening indoors or outdoors. Just imagine the tasty food you can create at home, instead of paying for it in the grocery.*



*Easy to grow herbs, chiles and other exotics are a good cash crop from your indoor or outdoor gardens. Grow food and flowers for fun and profit!*