

SPROUT 

Harvesting and post handling

Harvesting Eggplant (Day 104-111)

- Eggplant tastes best when harvested young
- The fruit will be a dark, glossy purple when it's ready to harvest.



- The surface of the eggplant will turn dull and it will taste bitter as it gets older and past its prime



- To harvest eggplant, cut through the stem above the green cap, or calyx, on the top. It's a tough stem, use a sharp knife or scissors



Green cap/ Calyx

- If you don't harvest regularly and often, the plant will focus on ripening the fruit instead of producing new fruits

Post harvest Eggplant

Field handling

- The harvested fruit should be protected from environmental conditions and kept in shaded area
- Plastic crates are recommended when transporting the eggplants from the field to minimize damage.



Cleaning

- Eggplant should be cleaned in the field.
- Gently rub the fruit to remove debris and soil particles.
- If washing is needed, use clean water.
- After washing, the fruit must be dried properly to prevent decay.



Packaging

- Plastic crates/containers are recommended to offer better protection against physical injuries and ease in handling.

Storage

- Eggplants are temperature sensitive
- Eggplants can be stored **NOT LESS THAN 10°C**.
- Eggplants can be damaged when stored below 10°C.
- Cover in a paper towel, and place in a perforated plastic bag before storing in the refrigerator → to prevent humidity spoiling your plants
- Store eggplants separately from tomatoes, bananas and melons (high ethylene content that causes eggplants to spoil quickly).



Chilli Harvesting (DAY 121)

- The mature chili plants will produce new shoots, flower buds and fruits
- As the chillis ripen they become easier to remove from the plant.
- The more you pick them the more it encourages new growth and the more chillis you are likely to get
- Most chillis will ripen to red or yellow
- Gently pull and twist the chilli off the plant making sure you hold the main plant stem so that you don't snap it



Chilli Post harvest

Field handling

- The harvested fruit should be protected from environmental conditions and kept in shaded area
- Plastic crates are recommended when transporting the chillies from the field to minimize damage.



Cleaning

- Chili should be cleaned in the field.
- Gently rub the fruit to remove debris and soil particles.
- If washing is needed, use clean water.
- After washing, the fruit must be dried properly to prevent decay.



Packaging

- Plastic crates/containers are recommended to offer better protection against physical injuries and ease in handling.

Storage

- Chillies can be stored at 10°C with 85-90% relative humidity.
- The fruit can last for 2-3 weeks.
- Chillies can be damaged when stored below 10°C.
- Storing in plastic, mesh bags and sacks are not recommended unless they are placed in a rigid container.



Okra

- Most varieties are ready to pick after 55 to 60 days after planting, specifically, 4 to 6 days after flowering
- Pods should be harvested when they reach 6cm – 9cm long
- Harvesting is normally done by hand using hand- pruning clipper

