

# HARVESTING INSTRUCTIONS



Arugula



Basil



Beetroot



Bitter-Gourd



Bok-Choy



Bottle-Gourd



Brinjal - Long Green



Brinjal - Round-Green



Brinjal - Round-Purple



Broad Beans



Cabbage



Capsicum



Carrot



Cauliflower



Celery



Chakotha



Chillie



Cluster Beans



Coriander



Corn



# HARVESTING INSTRUCTIONS



Cucumber



Dill



French Beans



Gongura



Green Amaranthus



Kale



Knol -Khol



Leek



Lettuce



Long Beans



Methi



Mustard Greens



Okra



Onion



Pumpkin Orange



Pumpkin White



Radish



Red Amaranthus



Red Cabbage



Ridge



Sambar Cucumber



Snake Gourd



Spinach



Sponge Gourd



Tinda



# HARVESTING INSTRUCTIONS

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Tomato



Zucchini



Broccoli



Garlic



Ginger



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## SYMBOLS & THEIR MEANING



### Multicut

Cut some pieces, let the plant grow to give you more

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Cut with a knife at the  
base

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Remove from the root

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Pluck the fruit

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Cut the fruit from the vine  
at the base

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Pluck at the base of fruit

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Pluck the leaf

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Twist

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