

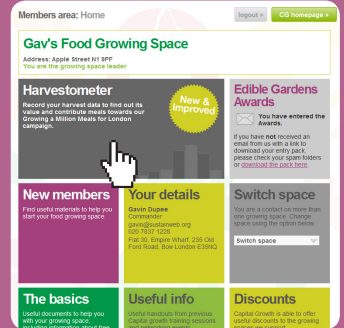
# Harvest-ometer

Record and view the progress of your harvest in 5 simple steps



## Stage 1

Join Capital Growth and activate your Harvest-ometer in your personal members' area



## Stage 2

Weigh and record your harvest in the field

**Harvest log**

Enter this information online by visiting  
[www.capitalgrowth.org/members](http://www.capitalgrowth.org/members)

Space name .....  
Head grower .....  
Phone number .....  
Space number .....

**Vegetables**

Month:	Crop name	Measure	Date:	Date:	
			Grams	Grams	
	Artichoke	artichoke(s)			
	Asparagus	asparagus(s)			
	Beans (Broad)	handful(s)			
	Beans (French)	handful(s)			
	Beans (Runner)	handful(s)			
	Beetroot	handful(s)			
	Broccoli	broccoli(s)			
	Brussels sprouts	handful(s)			
	Cabbage	handful(s)			
	Carrot	handful(s)			
	Cauliflower	handful(s)			
	Chilli	handful(s)			
	Courgette	handful(s)			
	Cucumber	handful(s)			
	Fennel	handful(s)			
	Garlic	handful(s)			
	Kale	handful(s)			
	Kidney beans	handful(s)			
	Lentils	handful(s)			
	Onion	handful(s)			
	Potato	handful(s)			
	Pumpkin	handful(s)			
	Rhubarb	handful(s)			
	Strawberry	handful(s)			
	Tomato	handful(s)			
	Turnip	handful(s)			
	Watercress	handful(s)			
	Winter squash	handful(s)			
	Zucchini	handful(s)			

**Fruit**

Month:	Crop name	Measure	Date:	Date:	
			Grams	Grams	
	Apple	handful(s)			
	Blackberry	handful(s)			
	Cherry	handful(s)			
	Pear	handful(s)			
	Plum	handful(s)			
	Raspberries	handful(s)			
	Rhubarb	handful(s)			
	Strawberry	handful(s)			
	Tomato	handful(s)			
	Turnip	handful(s)			
	Watercress	handful(s)			
	Winter squash	handful(s)			
	Zucchini	handful(s)			

**Salad & leaves**

Month:	Crop name	Measure	Date:	Date:	
			Grams	Grams	
	Cavolo nero	handful(s)			
	Chard	handful(s)			

## Stage 3

Log in to members area, select a produce type and enter your quantities

**Members area: harvestometer**

What produce do you want to record a weight for?

Vegetables | Salad & leaves | Fruit

2014 growing season\*

	Harvested	Weight	Value	
Artichoke	07/2014	320g	£1.38	X
Asparagus	07/2014	160g	£1.07	X
Beans (Broad)	07/2014	160g	£1.07	X
Beans (French)	07/2014	160g	£1.07	X
Beans (Runner)	07/2014	80g	£1.60	X
Beetroot	06/2014	320g	£0.51	X
Broccoli	05/2014	320g	£0.48	X
Brussels sprouts	05/2014	40g	£0.26	X
Cabbage	05/2014	80g	£0.40	X
Carrot	05/2014	40g	£0.12	X
Cauliflower	04/2014	80g	£0.36	X
Chilli				
Courgette				
Cucumber				
Fennel				
Garlic				
Kale				
Kidney beans				
Lentils				
Onion				
Potato				
Pumpkin				
Rhubarb				
Strawberry				
Tomato				
Turnip				
Watercress				
Winter squash				
Zucchini				

**Members area: harvestometer**

Add a weight or quantity of Broccoli (head) and click 'save'

Please only enter produce that you have already harvested

By weight | By quantity

255 grams | 160g

Enter a weight in grams of the item. | Enter a number. E.g. for half of item

When did you harvest the Broccoli (head)?

16 day 7 month 2014 year

cancel | save

## Stage 4

View your harvest and compare with previous seasons. Export a record of all your harvest data!

**Items added in the 2014 growing season\***

Name	Harvested	Weight	Value	
Broccoli (head)	16/07/2014	255g	£1.10	X
Courgette	01/07/2014	160g	£1.07	X
Carrot (large)	05/06/2014	320g	£0.51	X
Onion	22/05/2014	320g	£0.48	X
Kale	11/05/2014	80g	£0.40	X
Radish	01/05/2014	40g	£0.12	X

If you would like to delete items from your harvestometer that are more than seven days old, please contact Capital Growth.

\*Our growing seasons run from the 1st of March each year.

Download all of your harvest data (including previous years) as a CSV file which you can open in Excel.

download data

**2014 growing season\***

Item	Value	
Broccoli (head)	£1.10	X
Courgette	£1.07	X
Carrot (large)	£0.51	X
Onion	£0.48	X
Kale	£0.40	X
Radish	£0.12	X

**Your pledge**

15 meals so far | 24 meals pledged

**Your totals**

Below you can see your totals, or visit our harvestometer graph to see your progress over the season.

This year	Last year	%
£3.65 saved	£3.50 saved	104 %
1.18kg produced	0.52kg produced	227 %
15 meals	7 meals	214 %

## Stage 5

Check progress on your personalised harvest-ometer graph

