Lesson 1: Preparing your tool

Using wire, attach a small can at a 90° angle to a long pole, and a sickle to the same pole
Lesson 2: Harvesting en masse

Stab the fruit-bearing nopal pad with a pitchfork

Using the sickle on the pole, cut off the entire nopal pad
Drop the sickle pole and lower your harvest with the pitchfork

Using a piece of cardboard, remove each fruit and drop them in a bucket
Lesson 3: Harvesting individual fruits

Using the pole with can and sickle, place the can over an individual fruit and twist to remove

Drop the fruit into a bucket
Lesson 4: Removing the spines

Place a mesh sack over the mouth of the bucket and transfer the fruit from the bucket to the sack.

Carry the sack bearing fruit to an irrigation canal.
Dip the sack into the irrigation canal and lift it out

Holding each end of the sack, keeping the open end closed, rock the sack back and forth repeatedly, thereby allowing the fruit to rub together in an abrasive manner

Repeat the dipping and rocking steps five or six times until all the albuates or tiny spines are removed.
Lesson 5: Peeling the fruit

Cut off both ends with a sharp knife. Then cut a slit in the peel from end to end. With the knife holding one side of the slit, roll the fruit out of the peel.