

Common Annual Plant Yields:

Name	Family	Yield	Space Requirements	Monetary Value ¹	Days To Harvest	Easy-To-Grow
Root Crops						
Beets	Chenopods	.5-1lb/sq. ft.	Small	Medium (\$3/ft ²)	65	Medium
Carrots	Umbellifera	1lb/sq. ft.	Small	Low (\$.5-\$1/ft ²)	75	Medium
Garlic	Allium	.5lb/sq. ft.	Small	High (\$5-\$6/ft ²)	200	Easy
Onions	Allium	.5lb/sq. ft.	Small	Low (\$1/ft ²)	125-175	Hard
Sweet Potato	Morning Glory	5-10lb/plant	Large	Medium (\$4/ft ²)	120	Easy
Potato	Solanaceae	2-5lb/plant	Medium	Low (\$2.50/ft ²)	70-120	Easy
Leaf Crops						
Lettuce	Aster	.5-1lb/plant	Small	Medium (\$3-4/ft ²)	45	Easy
Cabbage	Brassica	2-4lb/plant	Medium	Medium (\$3/ft ²)	70-85	Medium
Kale	Brassica	2-4lb/plant	Medium	High (\$5/ft ²)	60	Easy
Spinach	Chenopod	.5lb/ft ²	Small	Medium (\$3/ft ²)	45	Easy
Swiss Chard	Chenopod	1-2lb/plant	Medium	High (\$8/ft ²)	65	Medium
Fruiting Crops						
Bush Beans	Fabaceae	.5lb/plant	Small	Low (\$1.5/ft ²)	60	Easy
Cucumber	Cucurbitae	3-5lb/plant	Medium	Low (\$2.50/ft ²)	70	Medium
Eggplant	Solanacea	3-5lb/plant	Medium	Medium (\$3/ft ²)	80	Hard
Okra	Mallow	.5lb/plant	Medium	Low (\$1/ft ²)	60	Easy
Pole Beans	Fabaceae	2-3lb/plant	Large	Low (\$2/ft ²)	80	Medium
Peppers	Solanaceae	2-4lb/plant	Medium	High (\$4/ft ²)	80	Medium
Squash (Winter/Summer)	Cucurbitae	10-50lbs/plant	Large	Medium (\$3/ft ²)	70-120	Medium
Tomato	Solanaceae	5-10lb/plant	Large	High (\$8/ft ²)	80-100	Medium
Herbs						
Basil	Mint	.25-.5lb/sq. ft.	Small	High (\$5/ft ²)	75	Easy
Parsley	Umbellifera	.5lb/sq. ft.	Small	High (\$3.50-\$4/lb)	75	Easy
Rosemary/Thyme/Lavender	Mint	.125lb/sq. ft.	Small	Low (\$2.7/ft ²)	90	Hard

Pounds (lbs) consumed per year by ave US person	annual # of plants needed: beet example: 1.9lbs consumed/yield per plant = 3.8 beets needed per person
1.9	2-4
8.8	55
2.8	1-2
19.2	70-90
4.7	1
52.2	10-26
Leaf Crops	
21	21-42
7.5	2-3
0.6	1
1.7	3-4
no data	1
Fruiting Crops	
13.5	27
4.4	1-2
0.5	1
0.4	1
13.5	4-7
7	2-4
4.6	1
69.6	7-14
Herbs	

SPRING / FALL PLAN

Seed Calculation Spreadsheet

PLANT	ADULTS	KIDS	TOTAL # NEEDED

SUMMER PLAN

Seed Calculation Spreadsheet

PLANT	ADULTS	KIDS	TOTAL # NEEDED