

How much do you need to grow for your family?

This chart will give you basic recommendations for common foods grown for a family. Most are given as a range. It depends on how much of this food your family enjoys.

<i>Vegetable Name</i>	<i>How many plants or feet per person</i>
Artichoke	1 to 2
Arugula	5
Asparagus	30 to 50 roots
Dried Beans	4 to 8
Lima Beans	4 to 8
Snap Beans	4 to 8
Beets	5 to 10
Broccoli	2 to 4
Brussels Sprouts	1 to 2
Cabbage	4 to 8
Carrots	30
Cauliflower	1 to 2
Celery	5
Chinese Cabbage	6 to 8
Collards	2 to 3
Corn	12 to 20
Cucumber	6
Cucumber pickling	3 to 4
Eggplant	1 to 2
Garlic	12 to 16
Horseradish	1
Kale	4 to 5
Leeks	12 to 15
Lettuce	6 to 10 in succession
Melon	2
Okra	6
Onion	7 to 10 pounds of bulbs per 10 foot row
Peas	30

Peppers (sweet bell)	2 to 3
Potato	1 plant to yield 5 to 10 potatoes. Yield 10 to 20 pounds per 10-foot row
Pumpkin	1 to 2
Radish	15 succession planting
Rhubarb	2 to 3
Scallions	1.5 pounds per 10 foot row
Shallot	12 to 16
Spinach	15
Summer Squash	1 to 2
Sunflower	1
Sweet Potato	5
Swiss Chard	2 to 3
Cherry Tomato	1 to 4
Cooking Tomato	3 to 6
Slicing Tomato	1 to 4
Turnip	5 to 10
Watermelon	2