WE HELP YOU GROW YOUR OWN FOOD

PLANTING SEASON: _____

YEAR: _____

PLANNING TO GROW & PRESERVE FOR ONE YEAR

Planning is a vital part of growing enough food to feed your family. Preparing for the unexpected like food shortages, rising prices, and supply chain issues will ensure that even in the worst of times, you have what you need to thrive. While a lot of gardeners prefer to eat their crops fresh, preserving either a portion or the entire harvest for long term storage is what we recommend to feel secure in knowing that food insecurity won't be an issue.

A FEW THINGS TO CONSIDER WHEN PLANNING ON WHAT TO GROW IN YOUR GARDEN

- ***Diversity of the plant***

  How many different uses can you get out of one crop? For example, corn can not only be eaten on or off the cob, but can be ground into cornmeal, used as animal feed, or sold at market for extra income.

- ***How much space do you have to grow?***

  While there is a lot of information out there that tells you how much space you need in your garden to feed a person, there are many variables involved like the space requirements for plants, how much each family consumes, just to name a few. This is where planning comes into play. Choose the crops you want to grow, determine the space requirements and the yield for those crops and make sure that you get enough harvest to feed the number of people in your family using the charts, calculators, and planners below.

- ***How many people do you plan to feed?***

  Obviously taking into account the people in your household, you also need to factor in those outside of your family. Are you planning on using these crops in a recipe during a dinner party? Do you plan on giving away some of your preserved food away as gifts to neighbors? If so, you may need to plan on planting some extra crops to account for those factors.

- ***Do you have anything left over from last year's harvest?***

  Having a bountiful garden is surely a great feeling but not having the space to store the crops you've grown is the quickest path to food waste. As a good rule of thumb, it's a good idea to keep records of everything that you have in the freezer and pantry so that you can have a better idea of what you should be planting.

YEARLY FOOD ESTIMATOR

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List the foods that your family enjoys eating throughout the year. From there, you can estimate how many times per week you plan on eating those foods. To get the average serving amount per person, refer to the chart on the next pages and simply plug the numbers in and do the math to get your yearly needs for that particular vegetable.

PLANTING SEASON: _____

YEAR: _____

Crop	Family Serving Size Per Meal	Week 1	Week 2	Week 3	Week 4	Weekly Average	***TOTAL YEARLY AMOUNT***
	Ex: 3 adults eat 1 cup each. 1 toddler eats 1/2 cup.	*Serving Size x Expected Meals*	*Serving Size x Expected Meals*	*Serving Size x Expected Meals*	*Serving Size x Expected Meals*	*Total Servings Divided By 4 Weeks*	*Weekly Average x 52 Weeks = Total*
CARROTS	3½ CUPS	3½ x 2 = 7 CUPS	½ x 2 = 1 CUP	½ x 2 = 1 CUP	3½ x 2 = 7 CUPS	16 / 4 = 4 CUPS	4 x 52 = 208 CUPS

YEARLY FOOD ESTIMATOR

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PLANTING SEASON: _____

YEAR: _____

Crop	Family Serving Size Per Meal	Week 1	Week 2	Week 3	Week 4	Weekly Average	***TOTAL YEARLY AMOUNT***
	Ex: 3 adults eat 1 cup each. 1 toddler eats 1/2 cup.	*Serving Size x Expected Meals*	*Serving Size x Expected Meals*	*Serving Size x Expected Meals*	*Serving Size x Expected Meals*	*Total Servings Divided By 4 Weeks*	*Weekly Average x 52 Weeks = Total*

AVERAGE VEGETABLE YIELDS BY PLANT

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These numbers are only averages and can vary from person to person. There are several factors like your zone, weather, soil health, variety that can have an effect on your overall yields. Be sure and do research on your chosen varieties and how they will grow in your zone.

PLANTING SEASON: _____

YEAR: _____

Crop	Average Plants Needed Per Person For A Year Of Food	Average Pounds Per Plant	Average Cups Per Plant
Asparagus	10–15 per person	2–3 pounds per plant	4–6 cups
Dry Beans	15 plants per person	1/4–1/2 pound per plant	2 cups
Beets	36–40 per person	1/4 pound per beet	1/2 –3/4 cup
Bush Beans	15–20 plants per person	1/2 pound per plant	2 cups
Pole Beans	10–15 plants per person	1/2 pound per plant	3–4 cups
Broccoli	3–5 plants per person	1 pound per plant	5–6 cups
Brussels Sprouts	2–3 plants per person	3/4–1 pound per plant	4 cups
Cabbage	3–5 plants per person	2–4 pounds per plant	8–16 cups
Cauliflower	2–3 plants per person	2 pounds per plant	3–4 cups
Carrots	30 per person	1/4 pound per plant	1/4 cup
Celery	3–5 per person	1/2 pound per plant	2 cups
Sweet Corn	15 plants per person	2 ears per plant	1 1/2 cups
Cucumbers (3–5” pickling cukes)	2–4 plants per person	3–5 pounds per plant	8–15 cups (3–5 quarts whole)
Eggplant	1–2 plants per person	8–10 pounds per plant	32–40 cups
Garlic	15 bulbs per person		
Kale	5 plants per person	1 pound per plant	3–6 cups
Spinach	15 per person	1/4 pound per plant	1 1/2 cups
Leeks	12–15 plants per person	1/4 pound per plant	1/2 cup
Onions, storage	15 bulbs per person	1/2 pound	1 cup
Okra	6–8 plants per person	1 pound per plant	1 1/2 cups
Parsnip	10–12 per person	1/3 pound per plant	2/3 cup
Field Peas	30 per person	1/8–1/4 pound per plant	1/4 cup
Hot Peppers	1–2 per person	1–4 pounds per plant	3–10 cups
Sweet Peppers	3–4 per person	1–4 pounds per plant	3–10 cups
Potatoes	10–15 per person	2 pounds per plant	4 cups
Pumpkins	1–2 plants per person	4–10 pounds per plant	16–40 cups cubed
Rutabagas	5–10 per person	1–3 pounds per plant	1 1/2–5 cups
Winter Squash	1–2 per person	10–15 pounds per plant	10–15 cups
Summer Squash	1–2 plants per person	5–20 pounds per plant	12–50 cups
Sweet Potatoes	5 plants per person	2 pounds per plant	5 cups
Tomatoes	5 plants per person	5–15 pounds per plant	7 1/2 cups–22 1/2 cups
Turnips	5–10 per person	1/2 pound per plant	2 cups

GARDEN PLAN SUMMARY

This is where all of the information you've gathered so far comes into one nice, neat plan. This helps to understand more about your space, when to start seeds

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PLANTING SEASON: _____

YEAR: _____

Crop	Yearly Food Estimation	How Many Plants Needed For Your Household (Average Plants Needed Per Person For A Year Of Food x # Of Family Members)
CARROTS	208 CUPS (52 QUARTS)	120 CARROT PLANTS (30 PLANTS PER PERSON)

PRESERVING & STORAGE PLAN

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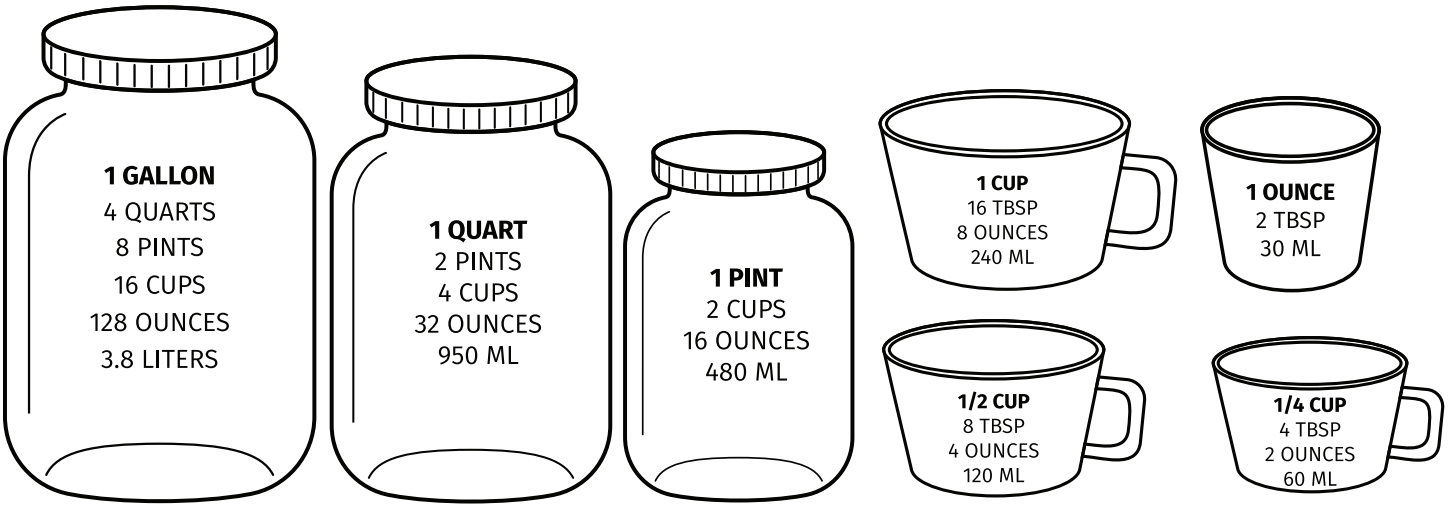
Below is a sample list from the HOSS Spring Garden and how we plan on preserving and storing each of the crops that we've grown during our season. Keeping this as as record is a good idea to reference for the future.

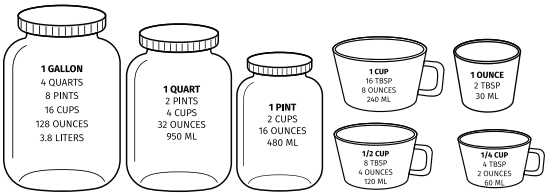
PLANTING SEASON: _____

YEAR: _____

Crop	Preserving Method	Quantity	Size	Container	Intended Use
SWEET CORN	FREEZE	52	QUART	BAGS	
	FREEZE	10	QUART	BAGS	EXTRA FOR SOUP
TOMATOES	CAN	25	QUART	JARS	JUICE
	CAN	25	QUART	JARS	STEWED
	CAN	10	QUART	JARS	ITALIAN STEWED
	CAN	20	PINTS	JARS	SALSA
GREEN BEANS	CAN	50	QUART	JARS	MIX 5 JARS WITH POTATOES
SUMMER SQUASH	CAN	15	QUART	JARS	
	CAN	20	PINT	JARS	
WINTER SQUASH	CAN	15	QUART	JARS	
CUCUMBERS	PICKLE	20	QUART	JARS	SWEET PICKLES
		10	PINT	JARS	BREAD AND BUTTER PICKLES
		10	PINT	JARS	DILL PICKLES
POTATOES	CAN	15	QUART	JARS	MIX 5 JARS WITH GREEN BEANS
OKRA	PICKLE	5	PINT	JARS	
	FREEZE	5	QUART	BAGS	EXTRA FOR SOUP
ONIONS	DRY STORE				
GARLIC	DRY STORE				
PEPPERS	CAN	20	PINT	JARS	SALSA
	CAN	15	PINT	JARS	PEPPER JELLY
	CAN	15	PINT	JARS	PEPPER SAUCE
	FREEZE	3	QUART	BAGS	EXTRA FOR SOUP



PRESERVING & STORAGE PLAN



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PLANTING SEASON: _____

YEAR: _____

Crop	Preserving Method	Quantity	Size	Container	Intended Use

GARDEN JOURNAL

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PLANTING SEASON: _____

YEAR: _____

GARDEN LAYOUT PLANNER

PLANTING SEASON: _____

YEAR: _____

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