



WE HELP YOU GROW YOUR OWN FOOD

## HOW MUCH TO GROW & PRESERVE FOR A FAMILY OF 4

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.

- **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.

### GREG AND SHEILA'S SAMPLE PLAN FOR WHAT THEY WOULD GROW TO FEED A FAMILY OF 4 FOR ONE YEAR.

CROP	# OF ROWS	ROW LENGTH	PRIMARY METHOD	PRESERVING PLAN & QUANTITIES
Corn	7	40	Freeze	52 quart bags. Extra for soup.
Tomatoes	2	30	Can	25 quarts juice. 25 quarts stewed. 10 quarts Italian stewed. 20 pints salsa. Freeze extra for soup.
Beans	1	30	Can	50 quarts.
Summer Squash	1	15	Can	15 quarts. 20 pints.
Winter Squash	7	20	Can	15 quarts.
Cucumber	2	20	Pickle	20 quarts sweet. 10 pints bread and butter. 10 pints dill.
Potatoes	2	30	Can	15 quarts.
Okra	1	30	Fresh	Pickle 5 pints. Freeze extra for soup.
Onions	1	70	Dry Store	
Garlic	1	15	Store	
Peppers	1	15	Can	20 pints salsa. 15 pints pepper jelly. 15 pints pepper sauce. Freeze extra for soup.



PLANT	HARVEST NEEDED/ PERSON (LBS.)	HARVEST NEEDED (LBS.)	AVG. YIELD/100 FEET (LBS.)	PLANT SPACING (IN.)	ROW LENGTH (FT.)	PLANTS NEEDED
ARTICHOKE	3	12	50	48	24	6
ASPARAGUS	2	8	30	18	27	18
BASIL	0.5	2	45	14	5	5
BUSH - LIMA/BUTTER BEANS	3	12	25	4	48	144
POLE - LIMA/BUTTER BEANS	3	12	50	16	24	18
BUSH BEANS	15	60	120	4	50	150
POLE BEANS	15	60	150	6	40	80
SOY BEANS	15	60	50	10	120	144
BEETS	3.5	14	150	2	10	60
BOK CHOY	3	12	130	8	10	15
BROCCOLI	8	32	100	18	32	22
BRUSSELS SPROUTS	6	24	75	18	32	22
CABBAGE	15	60	150	18	40	27
CARROTS	10	40	100	10	40	48
CAULIFLOWER	9	36	100	18	36	24
CELERY	4	16	60	8	27	41
CILANTRO	0.25	1	50	8	2	3
COLLARDS	2	8	100	12	8	8
CORN	25	100	80	16	125	94
CUCUMBERS	8	32	120	24	27	14
DILL	0.25	1	60	14	2	2
EGGPLANT	4	16	100	20	16	10
FENNEL	1	4	90	12	5	5
GARLIC	1	4	25	6	16	32
KALE	1	4	100	12	4	4
KOHLRABI	1.5	6	75	6	8	16
LEEK	1	4	45	4	9	27
LETTUCE	6	24	50	14	48	42
MELONS	6	24	110	42	22	7
MUSTARD	1	4	50	6	8	16
OKRA	1	4	100	16	4	3
ONIONS	8	32	100	4	32	96
PARSLEY	0.25	1	30	8	4	6
PARSNIP	3	12	100	4	12	36
PEAS	3	12	40	4	30	90
PEPPERS	3	12	60	16	20	15
POTATOES	25	100	100	12	100	100
PUMPKINS	10	40	100	42	40	12
RADISH	2	8	40	4	20	60
RHUBARB	4	16	100	4	16	48
RUTABAGA	1.5	6	120	6	5	10
SPINACH	3	12	40	12	30	30
SUMMER SQUASH	10	40	150	24	27	14
WINTER SQUASH	6	24	100	32	24	9
STRAWBERRY	13	52	140	20	38	23
SWEET POTATOES	3	12	100	14	12	11
SWISS CHARD	3	12	85	10	15	18
TOMATOES	24	96	100	30	96	39
CHERRY TOMATOES	17	68	150	16	46	35
TURNIPS	5	20	75	6	27	54
WATERMELONS	12	48	200	60	24	5