



Garden PLANNING

HOW MUCH SHOULD I PLANT?



A simple guide to calculate the
right amount of food to plant
for your family and your space

START WITH REAL LIFE.

What are you eating in a week?

The goal here is to use this info to make an educated guess about how much you want to grow. Ideally you'd pick random days from different times of year to give you a more accurate representation of your diet, but if you want to get this part done quickly, or if your grocery list stays pretty consistent yearround, you could just keep track of the foods you use every day for one straight week.

Day 1	Day 2	Day 3
Day 4	Day 5	Day 6
Day 7	add everything up from the week and add your totals here.	

HOW MUCH SHOULD I GROW?

Now let's get a rough estimate of how much you'll need for a year's worth of each food. Fill out the first 4 columns, then use the following pages or your own research to complete the last column.

Food (include units: cups, lbs, oz, fruits, etc)	Can I grow it or will I plan on buying it?	7 day Total	How much in a year? (7-day total x 52)	How many plants do I need to grow that much?

(CONTINUED)

Food (include units: cups, lbs, oz, fruits, etc)	Can I grow it or will I plan on buying it?	7 day Total	How much in a year? (7-day total x 52)	How many plants do I need to grow that much?

AVERAGE PLANT YIELDS

These should help you get an idea of how many you want to plant to grow the amount you need.

Root Crops	Average Yield per Plant	Fruiting Crops	Average Yield per Plant
Carrots	1 large carrot	Tomatoes (paste)	10-20 lbs
Beets	1-2 medium beets	Tomatoes (slicing)	15-25 lbs
Onions (storage)	1 bulb	Peppers (sweet)	6-10 peppers
Garlic	1 head	Peppers (hot)	20-5- peppers
Vines & Storage Crops	Average Yield per Plant		
Winter squash	4-8 fruits	Eggplant	4-8 fruits
Large Pumpkins	1-3 fruits	Cucumbers (bush)	10-15 cucumbers
Pie Pumpkins	3-6 fruits	Cucumbers (vining)	15-25 cucumbers
Watermelon	2-4 melons	Zucchini	6-10 lbs
Other melons (like cantaloupe)	3-5 fruits		

Greens & Herbs	Average Yield per Plant	Beans & Legumes*	Average Yield per Plant
Lettuce	1 head	Bush Beans	½ lb
Kale	Ongoing harvest	Pole Beans	1-2 lbs
Spinach	Ongoing harvest	Peas	½ lb shelled peas per 10 plants
Basil	Ongoing harvest	Snap Peas	¼ to ½ lb pods
Dill	1-2 major harvests	Snow Peas	¼ lb pods
		Soybeans/ Edamame	½ lb pods
		Dry Beans (black, pinto, navy, etc.)	½ cup dry beans

* Legumes are one of the few crops where more frequent harvesting = more food! So harvest often to increase yield.

GET TO PLANNING!

What does this mean for your garden layout?

If you do the math and realize you need to grow 50 tomato plants to meet your food needs, don't freak out! That may not be a realistic goal for your first few years, or for the space you have. This tool is a great way to give you an idea of what you're actually eating a lot of so that you can work on making a dent in that aspect of your grocery bill. Are you eating 50 tomato plants worth of tomatoes each year but only a couple eggplant? Prioritize growing what tomatoes you can to help cut some of that cost off your grocery bill.

Finally, if space is the limiting factor for you, don't underestimate the potted plant! I grew 20 tomatoes and 15 jalapenos in pots a few years back when I knew I'd be moving before harvest, and those tomatoes remain my most successful tomato crop for the past 10 years!

Use this page to take notes on what seeds you need to purchase, or use the space to map out your garden!



