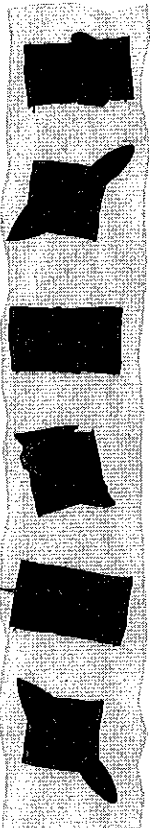


Table 1. Family Garden Planning Guide



Here are some general guidelines you can use when planning a family vegetable garden. These are estimates only and have been compiled from a variety of sources. To use this guide:

- 1 Decide which vegetables you would like to plant and whether you want only enough to eat fresh or enough for extra to preserve.
- 2 Review the suggested quantities needed per person and compare with your own family. Adjust down or up based on your family's likes and dislikes.
- 3 If you use the recommended estimates in column 2, you can use column 3 to determine the amount to plant following traditional plant spacing guidelines. (You will need a planting guide to determine recommended spacing, depth etc. Contact your extension office if you need a guide.)
- 4 If you've made adjustments to the per person needs in column 2, you can estimate the amount to plant using column 4.
Pounds needed per person ÷ column 4 = amount of row (feet) to plant per person
- 5 If you plan to can or freeze excess, use column 5 to plan how much preserved food you'll get from your fresh produce.

Vegetable	Estimated need (lbs) per person		Approximate row length to plant per person		Approximate yield (lbs) per foot of row	Amount of fresh produce (lbs) needed For 1 quart preserved *	
	Fresh	If Preserving	Fresh	If Preserving		Canned	Frozen
Asparagus	6	6	10 ft	10 ft	0.6	4	2-3
Bean, lima (bush)	2-4	4-5	7-13 ft	13-17 ft	.30 (shelled)	4-5	4-5
Snap, Dry & Pole Beans	8	8-15	8 ft	8-15 ft	1	1.5-2	1.5-2
Beets	5-10	10-15	5-10 ft	10-15 ft	1	2.5-3	2.5-3
Broccoli	8	8-10	10 ft	10-13 ft	0.8	-	2-3
Cabbage	10	10-15	5 ft	5-8 ft	2	3 (sauerkraut)	-
Carrots	5-10	10-15	5-10 ft	10-15 ft	1	2.5-3	2.5-3
Cauliflower	8	8-10	10 ft	10-13 ft	0.8	-	2-3
Chard	3-5	5-6	2-3 ft	3-4 ft	1.5	2.6	2.6
Corn, Sweet	12-24 (ears)	24-60 (ears)	6-12 ft	12-30 ft	2 (ears)	4-5	4-5

- 1
- 2
- 3
- 4
- 5

Vegetable	Estimated need (lbs) per person		Approximate row length to plant per person		Approximate yield (lbs) per foot of Row	Amount of fresh produce (lbs) Needed for 1 quart preserved *	
	Fresh	If Preserving	Fresh	If Preserving		Canned	Frozen
Cucumbers	5-10	10-15	5-10 ft	10-15 ft	1	1.5-2	-
Lettuce	5-10	-	10-20 ft	-	0.5	-	-
Onions	5-10	10-15	3-7 ft	7-10 ft	1.5	2-3	2-3
Peas, pod	3-5	5-10	4-6 ft	6-13 ft	0.8	-	4-5
Peas, shelled	3-5	5-10	6-10 ft	10-20 ft	0.5	4-5	4-5
Peppers	3	3-10	2 ft	2-7 ft	1.5	2	2
Potatoes	50-100	50-100	25-50 ft	25-50 ft	2	5	-
Pumpkins, Rutabaga	10-20	10-20	5-10 ft	5-10 ft	2	2-2.5	2-2.5
Spinach	2-5	5-8	3-6 ft	6-10 ft	0.8	2-3	2-3
Squash, summer	5-7	7-10	3-4 ft	4-5 ft	2	2-3	2-3
Squash, winter	10-20	10-20	5-10 ft	5-10 ft	2	2	3
Tomato	20	20-40	8 ft	8-16 ft	2.5	3	-
Turnip	5-10	5-10	3-5 ft	3-5 ft	2	-	2-3
Watermelon	10-15	-	5-8 ft	-	2	-	-

Blank lines indicate that freezing/canning is not recommended for this vegetable or that there are better means of preserving.

Table 2. Row spacing (ft) for selected Vegetables

Beans, Snap	1-1.5	Lettuce	1-1.5
Beans, Pole	3-4	Melon	5
Beans, Dry	2-3	Onion	1-1.5
Beets	1-1.5	Parsnip	1-1.5
Broccoli	2.5	Peas, Snap & Snow	3-5
Brussels Sprouts	2-2.5	Pepper	2-3
Cabbage	2-2.5	Pumpkin	6
Carrots	1.5-2	Radish	1.5
Chard	1.5-2	Spinach	1-1.5
Cucumber	4	Squash, Summer	4
Eggplant	2.5-3	Squash, Winter	4-6
Herbs	1-1.5	Tomato	3
Kale	2	Turnip, Rutabaga	1.5
Kohlrabi	2	Watermelon	5
Leek	2	Zucchini	4