

# Garden Plan I: What to grow and how much

**The garden plan section in this series has two parts.**



**ECONOMIC VALUE OF CROPS:** Several studies have attempted to determine which crops bring the most value per square meter (or square foot) of garden space. If economics is a priority, Table 1 may help you decide which vegetables to plant and which to buy. Values are based on kilograms produced per square meter (lbs per 10 square feet), retail value per kilogram (pound) at harvest time, and length of time in the garden. (Perennial crops are not listed because the studies were on a one-season basis.)

**TABLE 1. ECONOMIC VALUE OF CROPS**



**TABLE 2. GUIDE TO HOW MUCH TO PLANT**

Crop	Yield (kg) per 3 meters of row	# of row meters to plant per person	Transplants OR seed per 3 meters of row	
			# of plants	Amount of seed (g)
Asparagus	1.5-2	4.5-6	7-8 crowns	
Beans, bush	1.2-2.5	6-15		28
Beans, Lima	1.5-2.5	6-15		28
Beans, pole	2.4-4.5	3		3.5
Beans, wax	1.5-2.5	6-15		3.5
Beets	3.5-4.5	3		3.5
Broccoli	2-2.5	3-6	5-8 or	3
Brussels sprouts	1.5-2	3	5-7 or	3
Cabbage	4.5-11	3-4.5	5-8 or	3
Cabbage, Chinese	9-14	3-4.5	8-12 or	5.5
Cantaloupe	6.5-11	2.5-3.5	3-5 or	3.5
Carrot	3-4.5	3-6		6
Cauliflower	3.5-4.5	3-6		6
Chard, Swiss	3.5-4.5	1.3		5.5
Collards	3.5-6.5	3-4.5	5-7 pr	3
Cucumbers	3.5-4.5	4.5-6		3
Eggplant	4.5-5.5	1-2	5-7 or	1
Endive	1.5-2.5	1.5-3	5-10 or	1
Kale	2-3.5	3-4.5	6-10 or	3
Kohlrabi	2-3.5	1.5-3		3
Leeks	4.5-9	1-2		3
Lettuce, bibb	2-3.5	4.5-6		1
Lettuce, leaf	2-4.5	3-4.5		1
Mustard	1.5-2.5	1.5-3		3
Onion (sets)	3-4.5	3-4.5	30-60 or	454
Parsnip	4.5	3		1.5
Peas, garden	1-2.5	12-18		14
Peppers	2-8	1.5-3	5-7	
Potato	4.5-9	20-30		454
Pumpkin	4.5-9	3		1.5
Rutabaga	3.5-5.5	1.5-3		3.5
Spinach	2-2.5	9-12		14
Squash, summer	9-35	1.5-3		3
Squash, winter	3.5-4.5	3		3
Sweet corn	3-4.5	3		3
Tomato	7-20	3-4.5	3-7	
Turnip	3.5-5.5	3		3.5
<b>Watermelon</b>	3.5-18	3-4.5	1-2 or	14


**AGRICULTURE EXTENDED LEARNING GARDEN BOX**

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# Activity 1

## How do your favorites measure up?

Use the following table to list the top three vegetables that you or your family likes to eat. Go through the list of considerations under 'What to plant' and see how each vegetable measures up. You will also find some of the information in the section for 'Specific vegetables' on this web site.

MY THREE FAVOURITE VEGETABLES			
Vegetable			
Fertilizer needs (heavy, moderate, light)			
Preferred soil pH			
Hardiness			
Yield per 3 meters of row			
Efficient use of space? (based on yield/row)			
Maturity date			
Ease of harvest			
Fresh storage (How long? What conditions?)			
Preservation options			
Economic value			



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# Activity 2

## **Share some harvest recipes.**

If gardening with a group, share recipes that use your favorite vegetable(s) or look up a new recipe to try. Organize a harvest feast!

