

How Much Food To Grow

Vegetable	Seeds or Plants per 100-ft. row	Estimated Yield per 100-ft. row	Average Amount Suggested per Person
Asparagus	50 Roots	80-100 lb.	5-10 Plants
Bush Beans Lima	1/2 lb.	30 lb.	5-10 ft.
Bush Beans Snap	1/2 lb.	50 lb.	15-20 ft.
Pole Beans	1/2 lb.	50 lb.	5-6 ft.
Beet	1 oz.	75 lb.	5-10 ft.
Broccoli	50 Plants	80-100 lb.	3-5 Plants
Brussel Sprouts	50 Plants	80-100 lbs.	2-5 Plants
Cabbage	75-100 Plants	150-200 lb.	5-10 ft.
Carrot	1/4 oz.	100-150 lb.	5-10 ft.
Cauliflower	50-75 Plants	80 lb.	3-5 Plants
Celeriac	200 Plants	100-150 lb.	5ft.
Celery	150-200 Plants	200 lb.	10 Stalks
Chard	2 oz.	100 lb.	3-5 Plants
Chinese Cabbage	1/2 oz.	200-300 lb.	3-10 ft.
Collards	1/2 oz.	80-100 lb.	5-10 ft.
Sweet Corn	4 oz.	100-150 lb.	10-15 ft.
Cucumber	1 oz.	100-150 lb.	1-2 Hills
Eggplant	50-75 Plants	100-200 lb.	2-3 Plants
Kale	1/2 oz.	40-60 lb.	5-10 ft.
Kohlrabi	1/4 oz.	100 lb.	3-5 ft.
Lettuce	1/4 oz.	25-30 lb.	10 ft.
Mustard	1/2 oz.	30-60 lb.	5-10 ft.
Okra	2 oz.	50-100 lb.	4-6 ft.
Onion (plants)	300-400 Plants	200 lb.	3-5 ft.
Onion (sets)	3-4 lb.	100 lb.	3-5 ft.
Onion (seed)	1/4 oz.	150 lb.	3-5 ft.
Parsnip	1/2 oz.	100 lb.	10 ft.
Peas	1 lb.	25-30 lb.	15-20 ft.
Pepper	50-75 Plants	75-100 lb.	3-5 Plants
Irish Potato	10 lb.	100-200 lb.	50-100 ft.
Sweet Potato	75-100 Plants	80-100 lb.	5-10 Plants
Pumpkin	1 oz.	100-150 lb.	1-2 Hills
Radish	1 oz.	50 lb.	3-5 ft.
Rhubarb	25-30 Plants	150-200 lb.	3-5 Plants
Spinach	1 oz.	40-60 lb.	5-10 ft.
Summer Squash	1 oz.	150-200 lb.	2-3 Hills
Winter Squash	1 oz.	200 lb.	1-3 Hills
Tomato	50 (staked) 30 (caged or groundbed)	500 lb.	3-5 Plants
Turnip	1/2 oz.	100-120 lb.	5-10 ft.
Watermelon	1 oz.	200-300 lb.	2-4 Hills