

Table 4. VEGETABLE PRODUCTION CHART*											
Vegetable	Amount needed for one adult (fresh use)		Amount needed for a family of four (fresh use)		Amount needed for one adult (processed/storage)		Amount needed for a family of four (processed/storage)		Spacing between rows	Yield per 100 feet of row**	Yield per 100 square feet**
	Pounds	Feet of Row	Pounds	Feet of Row	Pounds	Feet of Row	Pounds	Feet of Row			
Asparagus	1.5	10	5	35	5	35	15	100	36	15	5
Beans, Lima	3	40	10	125	3	40	10	125	21	8	5
Beans, snap	15	25	50	85	18	30	55	90	21	60	34
Beets	3.5	4	10	10	7.5	8	25	25	21	100	57
Broccoli	8	20	25	60	12	30	35	90	30	40	16
Brussels sprouts	6	20	20	65	8	25	25	85	30	30	12
Cabbage	15	13	45	40	15	13	45	40	30	120	48
Carrots	10	8	30	25	10	8	30	25	21	120	69
Cauliflower	9	10	25	30	12	15	35	40	33	90	33
Celeriac	0.5	1	2	3	--	--	--	--	21	60	34
Celery	4	1	12	3	--	--	--	--	28	430	184
Chinese cabbage	2	1	6	2	--	--	--	--	27	420	187
Collards	2	3	5	7	4	5	10	15	21	80	46
Cucumbers	8	4	25	12	10	5	30	15	48	200	50
Eggplant	4	3	10	9	--	--	--	--	30	115	46
Endive	4	7	10	18	--	--	--	--	15	55	44
Garlic	1	4	3	12	2	8	5	20	15	25	20
Jerusalem artichoke	1.5	2	5	3	1	2	3	2	48	150	38
Kale	1	1	3	3	2	2	6	6	21	100	57
Kohlrabi	1.5	2	5	7	--	--	--	--	21	75	43
Leeks	1	3	3	7	1	3	3	7	15	45	36
Lettuce	6	12	20	40	--	--	--	--	15	50	40
Muskmelon	10	9	30	27	2	3	6	6	48	110	28
Mustard	1	2	3	6	--	--	--	--	21	50	29
Okra	3	5	10	17	4	6	10	20	27	60	27
Onions (dry)	8	12	25	30	20	24	60	72	15	115	92
Onions (green)										50	40
Parsley	0.25	1	1	4	0.5	2	2	7	15	30	24
Parsnips	3	6	10	20	3	6	10	20	21	50	29
Peas, shelled	4.5	15	15	50	7.5	25	25	85	15	30	24
Peas, snap	1	3	3	8	1	3	3	8	15	40	32
Peppers	3	3	10	8	3.5	3	10	8	30	120	48
Pop corn	--	--	--	--	4	15	15	55	33	28	10
Potatoes, Irish	25	21	75	50	75	50	225	150	30	150	60
Potatoes, sweet	3	18	10	25	4	10	10	25	36	40	13
Pumpkins	10	4	30	10	8	3	25	8	60	300	60
Radishes	4	40	10	100	--	--	--	--	9	10	11
Rhubarb	4	4	10	10	4	4	10	10	48	100	25
Rutabaga	1.5	2	5	5	2	2	5	5	21	100	57
Salsify	0.5	1	2	3	0.5	1	2	3	21	80	46
Spinach	3	6	10	20	5	3	15	8	15	50	40
Squash, summer	10	5	30	12	3	2	10	4	42	240	69
Squash, winter	6	3	20	9	3	2	10	4	60	230	46
Sweet corn	25 ears	25	80 ears	80	50 ears	50	160 ears	160	30	100 ears	36 (kernels)
Swiss chard	3	4	10	12	4.5	6	15	20	21	85	49
Tomatoes	24	15	70	40	36	23	110	65	36	165	55
Turnips	5	5	15	15	7	7	20	20	21	100	57
Watermelons	12	12	35	35	--	--	--	--	72	100	17

*Assumptions per person is for individuals who like to eat that particular plant. If they don't, they won't plant any.

Amount for a family of four is generally about three times the amount needed by one adult. This is because a family of four would usually include some children who probably wouldn't eat as much as an adult, or the family might include one or more members who wouldn't care to eat that particular vegetable.

** Yields are based on standard row plantings. Wide row planting, trellising, and other intensive gardening techniques would probably yield more than the amounts listed above.