

# HOW MUCH TO PLANT PER PERSON

Pounds Consumed Weekly X Number of Weeks = Total Pounds Needed

Pounds Needed / Pounds Per Plant = Number of Plants Needed

Vegetables	Average Plants Per Person	Average Pounds Per Plant	Average Cups Per Plant
Artichokes	1 to 2	6 to 8 pounds per plant	3 to 4 cups
Asparagus	5 to 10	2 to 3 pounds	4 to 6 cups
Beans (Dry)	10 to 15	1/4 to 1/2 pound	2 cups
Beans (Snap)	5 to 10	1/2 pound per plant	2 to 4 cups
Beets	5 to 10	1/4 pound per beet	1/2 to 1 cup
Bok Choy	1 to 3	1 to 2 pounds per plant	4 to 5 cups
Broccoli	2 to 4	1 pound per plant	5 to 6 cups
Brussel Sprouts	1 to 2	1/2 to 1 pound per plant	4 cups
Cabbage	2 to 4	2 to 4 pounds	8 to 16 cups shredded
Carrots	10 to 20	1/4 pound per 2 plants	2 cups
Cauliflower	2 to 4	2 pounds per plant	3 to 4 cups
Celery	2 to 6	1/2 pound per plant	2 cups
Chard	2 to 3	1/2 pound per plant	2 cups
Chickpeas	4 to 8	1/4 to 1/2 pound	2 cups
Chinese Cabbage	2 to 4	2 to 4 pounds	8 to 16 cups shredded
Collards	2 to 3	1/2 pound per plant	2 cups
Corn (Sweet)	6 to 12	2 ears per plant	1 1/2 cups
Corn (Dent)	12 to 18	1/8 pound of ground flour per plant	1 cup
Cucumbers	2 to 4	3 to 5 pounds per plant	8 to 15 cups
Daikon Radish	3 to 6	1/2 pound per plant	2 cups
Edamame	2 to 4	2 pounds per plant	4 cups
Eggplant	1 to 2	8 to 10 pounds per plant	32 to 40 cups
Endive	2 to 3	1/2 pound per plant	2 cups
Fava Beans	4 to 8	1/4 to 1/2 pound	2 cups

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Vegetables	Average Plants Per Person	Average Pounds Per Plant	Average Cups Per Plant
Garlic	10 to 15	3 oz per plant	1/8 cup per plant
Jicama	1 to 2	1 to 6 pounds per plant	4 to 32 cups
Kale	3 to 5	1 pound per plant	3 to 6 cups
Kohlrabi	4 to 8	1/3 pound per plant	3 cups
Leeks	10 to 15	1/4 pound per plant	1/2 cup
Lettuce	5 to 10	1/4 to 1 pound per plant	4 to 6 cups
Okra	2 to 3	1 pound per plant	1 1/2 cups
Onions	10 to 20	1/2 pound per plant	1 cup
Parsnips	5 to 10	1/2 pound per plant	1/2 cup
Peanuts	10 to 12	1/16 pound per plant	1/4 cup per plant
Peas (Dry)	15 to 20	1/2 pound per plant	2 cups
Peas (Sweet)	10 to 15	1/4 pound per plant	1/4 cup per plant
Peppers (Hot)	1 to 2	2 to 4 pounds	8 to 10 cups
Peppers (Sweet)	3 to 5	1 to 2 pounds	3 to 6 cups
Potatoes	5 to 10	2 pounds per plant	4 cups
Pumpkins	1 to 2	4 to 10 pounds	16 to 40 cups cubed
Radicchio	4 to 6	1 to 2 pounds per plant	8 to 16 cups shredded
Radish	15 to 25	1 pound per 10 plants	1 cup per 5 plants
Rhubarb	1 to 2	2 to 6 pounds	4 to 10 cups
Rutabaga	5 to 10	1 to 3 pounds per plant	2 to 5 cups
Shallots	10 to 20	1/4 pound per plant	1/2 cup
Spinach	5 to 10	1/4 pound per plant	1 1/2 cups
Squash (Summer)	1 to 2	5 to 20 pounds per plant	12 to 50 cups
Squash (Winter)	1 to 2	10 to 15 pounds per plant	10 to 15 cups
Sweet Potatoes	3 to 5	2 pounds per plant	5 cups
Tomatillos	1 to 2	2 to 10 pounds per plant	4 to 18 cups
Tomatoes	2 to 4	5 to 15 pounds per plant	7 to 22 cups
Turnips	5 to 10	1/2 pound per plant	2 cups