

How Many Plants to Plant Per Person to Grow a Years Supply of Food

As with anything, results and survival of all the plants are not guaranteed. The amount of crop you get from your variety in your soil with your climate may vary. However this is a great place to start. These measurements are in inches and feet. 1 inch is approx. 2.5cm and one foot is approx. 30cm. 1 pound is about half a kilogram.

Artichoke. Grow 1 to 2 plants per person. Yield 12 buds per plant after the first year. Space plants 4 to 6 feet apart.

Arugula. Grow 5 plants per person. Space plants 6 inches apart.

Asparagus. Grow 30 to 50 roots for a household of 2 to 4 people. Yield 3 to 4 pounds of spears per 10-foot row. Space plants 12 inches apart.

Bean, Dried. Grow 4 to 8 plants per person. Yield in pounds varies per variety. Space plants 1 to 3 inches apart in rows 2 to 3 feet apart.

Bean, Fava. Grow 4 to 8 plants per person. Space plants 4 to 5 inches apart in rows 18 to 30 inches apart.

Bean, Garbanzo, Chickpea. Grow 4 to 8 plants per person. Yield 4 to 6 pounds per 10-foot row. Space plants 3 to 6 inches apart in rows 24 to 30 inches apart.

Bean, Lima. Grow 4 to 8 per person. Yield 4 to 6 pounds per 10-foot row. Space bush lima beans 3 to 6 inches apart in rows 24 to 30 inches apart; increase distance for pole limas.

Beans, Snap. Grow 4 to 8 plants total of each variety or several varieties per person. Yield 3 to 5 pounds per 10-foot row. Space plants 1 to 3 inches apart in rows 2 to 3 feet apart.

Beans, Soy. Grow 4 to 8 plants per person. Yield 4 to 6 pounds per 10-foot row. Space plants 2 inches apart in rows 2 to 3 feet apart.

Beets. Grow 5 to 10 mature plants per person. Yield 8 to 10 pounds per 10-foot row. Space plants 3 inches apart for roots—1 inch apart for greens.

Broccoli. Grow 2 to 4 plants per person. Yield 4 to 6 pounds per 10-foot row. Space plants 18 to 24 inches apart in rows 3 feet apart.

Brussels sprouts. Grow 1 to 2 plants per person. Yield 3 to 5 pounds per 10-foot row. Space plants 18 to 24 inches apart in rows 36 inches apart.

Cabbage. Grow 4 to 8 plants per person. Yield 10 to 25 pounds per 10-foot row. Space plants 24 to 30 inches apart.

Carrots. Grow 30 plants per person. Yield 7 to 10 pounds per 10-foot row. Thin plants to 1½ to 2 inches apart in rows 12 inches apart.

Cauliflower. Grow 1 to 2 plants per person. Yield 8 to 10 pounds per 10-foot row. Space plants 18 to 24 inches apart in rows 3 feet apart.

Celery. Grow 5 plants per person. Yield 6 to 8 stalks per plant. Space plants 6 inches apart in rows 2 feet apart.

Chard (aka silverbeet). Grow 1 to 2 plants per person. Space plants 6 to 12 inches apart in rows 2 to 3 feet apart.

Chayote. Grow 1 vine for 1 to 4 people. Set vining plants 10 feet apart and train to a sturdy trellis or wire support.

Chicory. Grow 1 to 2 plants per person. Space plants 6 to 12 inches apart in rows 2 to 3 feet apart.

Chinese Cabbage. Grow 6 to 8 heads per person. Space plants 4 inches apart in rows 24 to 30 inches apart.

Collards. Grow 2 to 3 plants per person. Yield 4 to 8 pounds per 10-foot row. Space plants 15 to 18 inches apart in rows 3 feet apart.

Corn. Grow 12 to 20 plants per person. Yield 1 to 2 ears per plants, 10 to 12 ears per 10-foot row. Space plant 4 to 6 inches apart in rows 2 to 3 feet apart.

Cucumber. Grow 6 plants per person. Grow 3 to 4 plants per quart for pickling. Yield 8 to 10 pounds per 10-foot row. Space plants 1 to 3 feet apart in rows 3 to 6 feet apart.

Eggplant. Grow 1 to 2 plants per person. Yield 8 fruits per Italian oval varieties; yield 10 to 15 fruits per Asian varieties. Space plants 24 to 30 inches apart in rows 3 feet apart.

Endive and Escarole. Grow 2 to 3 plants per person. Yield 3 to 6 pounds per 10-foot row. Space plants 6 to 12 inches apart in rows 2 to 3 feet apart.

Garlic. Grow 12 to 16 plants per person. Yield 10 to 30 bulbs per 10-foot row. Space cloves 3 to 6 inches apart in rows 15 inches apart.

Horseradish. Grow 1 plant per person. Space plants 30 to 36 inches apart.

Jicama. Grow 1 to 2 plants per person. Yield 1 to 6 pound tuber per plant. Space plants 8 to 12 inches apart.

Kale. Grow 4 to 5 plants per person. Yield 4 to 8 pounds per 10-foot row. Space plants 12 inches apart in rows 12 inches apart.

Kohlrabi. Grow 4 to 5 plants per person. Yield 4 to 8 pounds per 10-foot row. Space plants 4 to 6 inches apart in rows 30 inches apart.

Leeks. Grow 12 to 15 plants per person. Yield 4 to 6 pounds per 10-foot row. Space plants 2 to 4 inches apart in rows 6 to 10 inches apart.

Lettuce. Grow 6 to 10 plants per person; plant succession crops with each harvest. Yield 4 to 10 pounds per 10-foot row. Space looseleaf lettuce 4 inches apart and all other types 12 inches apart in rows 16 to 24 inches apart.

Melon. Grow 2 to plants per person. Yield 2 to 3 melons per vine. Space plants 3 to 4 feet apart in rows 3 feet wide.

Mustard. Grow 6 to 10 plants per person. Yield 3 to 6 pounds per 10-foot row. Space plant 6 to 12 inches apart in rows 15 to 30 inches apart.

Okra. Grow 6 plants per person. Yield 5 to 10 pounds per 10-foot row. Space plants 12 to 18 inches apart in rows 2½ to 4 feet apart.

Onion, Bulb. Yield 7 to 10 pounds of bulbs per 10-foot row. Space onion sets or transplants 4 to 5 inches apart in rows 18 inches apart.

Parsnip. Grow 10 plants per person. Yield 10 pounds per 10-foot row. Space plants 3 to 4 inches apart in rows 24 inches apart.

Peas. Grow 30 plants per person. Yield 2 to 6 pounds per 10-foot row. Space plants 2 to 4 inches apart in rows 2 feet apart for bush peas, 5 feet apart for vining peas.

Pepper. Grow 2 to 3 plants per person. Yield 5 to 18 pounds per 10-foot row. Space plants 18 to 24 inches apart in rows 28 to 36 inches apart.

Potato. Grow 1 plant to yield 5 to 10 potatoes. Yield 10 to 20 pounds per 10-foot row. Space seed potatoes 10 to 14 inches apart in trenches 24 to 34 inches apart.

Pumpkin. Grow 1 to 2 plants per person. Yield 10 to 20 pounds per 10-foot row. Space bush pumpkins 24 inches apart in rows 3 feet apart. Set 2 to 3 vining pumpkins on hills spaced 6 to 8 feet apart.

Radicchio. Grow 5 to 6 plants per person. Space plants 6 inches apart in rows 18 inches apart.

Radish. Grow 15 plants per person. Yield 2 to 5 pounds per 10-foot row. Space plants 1 inch apart in rows 12 to 18 inches apart.

Rhubarb. Grow 2 to 3 plants per person. Yield 1 to 5 pounds per plant. Set plants 3 to 6 feet apart.

Rutabaga. Grow 5 to 10 plants per person. Yield 8 to 30 pounds per 10-foot row. Space plants 4 to 6 inches apart in rows 15 to 36 inches apart.

Salsify. Grow 10 plants per person. Space plants 3 to 4 inches apart in rows 20 to 30 inches apart.

Scallions. Yield 1½ pounds per 10-foot row. Spaces onion sets or plants 2 inches apart for scallions or green onions.

Shallot. Yield 2 to 12 cloves per plant. Space plants 5 to 8 inches apart in rows 2 to 4 feet apart.

Sorrel. Grow 3 plants per person. Space plants 12 inches apart in rows 18 inches apart.

Spinach. Grow 15 plants per person. Yield 4 to 7 pounds per 10-foot row. Space plants 3 to 4 inches apart in rows 1 to 2 feet apart.

Squash, Summer. (Zucchini, patty pan etc) Grow 1 to 2 plants per person. Yield 10 to 80 pounds per 10-foot row. Space plants 2 to 4 feet apart in rows 5 feet apart.

Squash, Winter. (Pumpkin, butternut etc) Grow 1 plant per person. Space plants feet apart.

Sunchokes. Grow 5 to 10 plants per person. Space plants 24 inches apart in rows 36 to 40 inches apart.

Sunflower. Grow 1 plant per person. Yield 1 to 2½ pounds of seed per flower. Space plants 8 to 12 inches apart in rows 30 to 36 inches apart.

Sweet Potato. Grow 5 plants per person. Yield 8 to 12 pounds per 10-foot row. Space plants 12 inches apart in rows 3 feet apart.

Swiss Chard. Grow 2 to 3 plants per person. Yield 8 to 12 pounds per 10-foot row. Space plants 12 inches apart in rows 18 to 30 inches apart.

Tomatillo. Grow 1 to 2 plants per person. Yield 1 to 2 pounds per plant. Space plants 10 inches apart in rows 2 feet apart.

Tomato, Cherry. Grow 1 to 4 plants per person. Space plants 3 feet apart in rows 35 to 45 inches apart.

Tomato, Cooking. Grow 3 to 6 plants of each variety; this will yield 8 to 10 quarts. Space plants 42 inches apart in rows 40 to 50 inches apart.

Tomato, Slicing. Grow 1 to 4 plants per person. Space plants 42 inches apart in rows 40 to 50 inches apart.

Turnip. Grow 5 to 10 plants per person. Yield 8 to 12 pounds per 10-foot row. Space plants 5 to 8 inches apart in rows in rows 15 to 24 inches apart.

Watermelon. Grow 2 plants per person. Yield 8 to 40 pounds per 10-foot row. Space plants 4 feet apart in rows 4 feet wide and 8 feet apart.