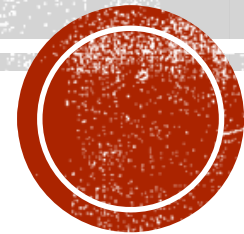


# HOW MUCH FOOD DO YOU NEED?

Katelyn Valdinger, Carroll SWCD



# VEGETABLES

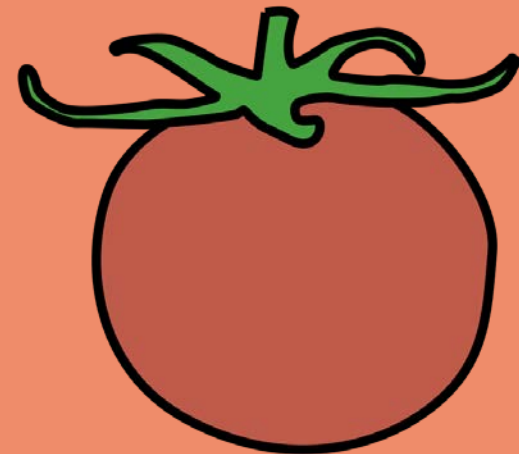


**\*Based on good soil conditions and fertility\***



# TOMATOES

- 12 lbs. per plant
- 3 pounds of fresh tomatoes = 1 quart of canned tomatoes
- 12 quarts = 36 lbs. of tomatoes = 3 plants
- 30 quarts = 90 lbs. of tomatoes = 7-8 plants





# POTATOES



- 1 pound of potatoes is equal to 3 to 4 medium white potatoes
- 1 pound of potatoes is equal to 7 to 9 small red potatoes
- 4-6 regular sized potatoes from each plant- PLUS several smaller potatoes
- Yield varies slightly based on variety and care of plant
- Figure out how many pounds of potatoes you need then work backwards to determine how much seed potatoes you will need
  - Seed Potato Weight: 1½ - 2 oz.
  - Yield: 1:10 seed weight to pounds of crop harvested



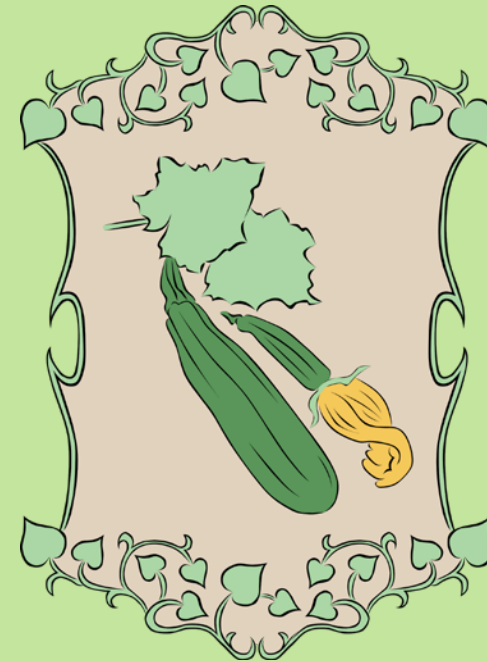
# SWEET CORN

- Sweet corn should be planted in several short rows rather than one long row
- Follow seed spacing listed on seed bag
- Each plant can produce 2 medium ears of corn or 1 large ear of corn
- A medium ear of corn has  $\frac{1}{2}$  cup to a  $\frac{3}{4}$  cup of kernels when removed



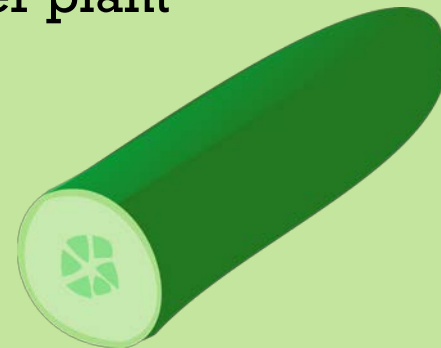
# ZUCCHINI

- Will produce until disease or frost kills them
- Best to pick at 6-8 inches long to keep plant producing
- 1 pound of zucchini = 3 medium zucchinis
- 10 lbs. per plant
- One plant can produce up to 30 zucchinis!!!



# CUCUMBERS

- Cucumbers for pickling- 3 to 4 plants per each quart of pickles you want to make
- Cucumbers for eating fresh- 2 to 3 plants per person in your household
- Healthy plants generally grow 10, 6-ounce cucumbers per plant
- Plants produce 5 pounds of cucumbers per plant if picked every other day
- Heirloom cucumber varieties produce 2 to 3 pounds per plant



# GREEN BEANS

- 10 bush bean plants per person will produce an excess for canning or freezing
- Pole beans can produce two to three times the amount of beans than bush beans,
  - So you don't need as many plants
- 6.4 lbs. of beans from a pole bean and 3.33 lbs. for bush bean
- 10 plants per person of the pole beans = beans as a side at 256 meals per year
  - (calculation would be 10 plants x 6.4 lbs x 4 (4 servings per pound))
- If you did it this with bush beans it would come out to 133 meals in a year





# CABBAGE

- 1 cabbage will make 8 cups of shredded cabbage
- Cabbage can be used fresh in many recipes or canned
- Check recipes to see how many cups you need to determine how many cabbages you will want to grow in your garden!

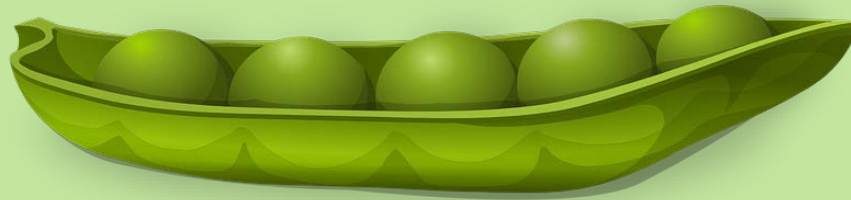


# LETTUCE

- 6 or 8 loose leaf lettuce plants will keep a small family in salads for several weeks
- A single butter head lettuce plant provides enough lettuce for a salad for 2 people
  - 6 or 8 of these plants will supply a family's salad greens for 3 or 4 weeks
- The trick to a continual supply is to plant a few new seedlings every three or four weeks to replace harvested plants.



# PEAS



- Yield 2 to 6 pounds per 10-foot row with plants 2 to 4 inches apart in rows
- 1. Snap peas: 1 pound contains about 56 whole pods and measures about 4 cups
- 2. Snow peas: 1 pound contains about 72 whole pods and measures about 4 cups
- 3. Shelling peas: The weight of the shelled peas will be almost half of the weight of the original peas purchased in the pod. 1 pound of whole unshelled pods will yield about 1.25 cups of shelled peas.



# PURDUE UNIVERSITY:

**Table 1. What to Expect From Your Garden**

<b>Vegetable</b>	<b>What to plant</b>	<b>Potential yield per 10 ft. of row</b>	<b>Approximate amount of fresh vegetable needed for 1 quart (canned or frozen)</b>
Asparagus	Crowns	5 lb.	2 1/2 - 4 1/2 lb.
Bean, lima	Seed	2 lb.	3 - 5 lb.
Bean, snap	Seed	6 lb.	1 1/2 - 2 lb.
Beet	Seed	10 lb.	2 1/2 - 3 1/2 lb.
Broccoli	Transplants	10 lb.	2 lb.
Brussels sprout	Transplants	8 lb.	
Cabbage	Transplants	10 heads	
Carrot	Seed	10 lb.	2 - 3 lb.
Cauliflower	Transplants	10 lb.	
Chard	Seed	7 lb.	3 lb.
Cucumber	Seed or Transplant	10 lb.	
Eggplant	Transplant	10 lb.	
Kohlrabi	Seed or Transplant	8 lb.	
Lettuce, leaf	Seed or Transplant	5 lb.	
Muskmelon	Seed or Transplant	10 melons	
Okra	Seed	14 lb.	1 1/2 lb.
Onion	Seed, sets or Transplants	10 lb.	
Parsnip	Seed	10 lb.	
Peas (pods)	Seed	3 lb.	3 - 6 lb.
Pepper	Transplants	6 lb.	1 1/2 lb.
Potato, Irish	Tuber (seed) pieces	10 lb.	
Pumpkin	Seed or transplant	40 lb.	1 1/2 - 3 lb.
Radish	Seed	10 bunches	
Rhubarb	Crowns	10 lb.	1 1/2 lb.
Spinach	Seed	5 lb.	2 - 6 lb.
Squash, Summer	Seed or Transplant	16 lb.	2 - 4 lb.
Squash, Winter	Seed or Transplant	40 lb.	1 1/2 - 3 lb.
Sweet Corn	Seed	13 ears	3 - 6 lb.
Sweet potato	Slips	10 lb.	2 - 3 lb.
Tomato	Transplants	60 lb.	3 lb.
Turnip	Seed	10 lb.	
Watermelon	Seed or Transplants	7 melons	



# HERBS

Common Herbs	
Plant Type	Per Person
Basil	2 per person
Chicory	2 per person
Chive	4 per person
Cilantro	3 per person
Dill	3 per person
Fennel	4 per person
Garland Chrysanthemum	0 per person
Mint	2 per person
Mustard	4 per person
Oregano	1 per person
Parsley	1 per person
Rosemary	1 per person
Sage	1 per person
Savory	2 per person
Sorrel	3 per person
Tarragon	2 per person
Thyme	2 per person

- 1 average bunch of PARSLEY weighs 2 ounces. A parsley bunch has about 48 sprigs; 2 sprigs = 1 tablespoon of flat-leaf parsley.
- 1 average bunch of BASIL weighs 2.5 ounces. A bunch of basil has about 60 sprigs of basil.
- 1 average bunch of CILANTRO weighs 2.8 ounces. That much cilantro comes to about 93 sprigs of cilantro in the bunch.
- 1 average bunch of OREGANO weighs 1 ounce. That much oregano comes to about 40 sprigs of oregano in the bunch.
- 1 average bunch of ROSEMARY weighs 1 ounce. There are about 22 sprigs of rosemary in 1 bunch of rosemary.



# PRODUCE CONVERSIONS

[www.HowMuchIsIn.com](http://www.HowMuchIsIn.com)

- Vegetables
- Fruit
- Herbs
- Chocolate, cheese, eggs and more!



How Much Is In - Blueberries



How Much Is In - Bread



How Much Is In - Broccoli



How Much Is In - Cabbage



How Much Is In - Carrot



How Much Is In - Cauliflower



How Much Is In - Celery



How Much Is In - Cheese



How Much Is In - Cherries



How Much Is In - Chocolate



How Much Is In - Cilantro



# BEST THING TO DO? HAVE A PLAN!

- Measure garden and see how much space you have
- Choose the species you want to grow and see how much space each requires
- Find out how many people you have to grow for
- Write a list of how much food you will need and plant accordingly!



# RESOURCES

GARDEN GUIDES.COM

*Harvest to Table*  
PLANT PREPARE PRESERVE

PURDUE  
UNIVERSITY®

 WIKIFARMER

GrowVeg

Ohioline

Ohio State University Extension

