

Family Garden Planning Guide

YOU CAN GROW A YEAR'S WORTH OF FOOD FOR YOUR FAMILY—LET'S GET STARTED!

This family garden planning guide will show you how to grow healthy, organic fruits, vegetables, and herbs all year 'round. The following worksheets will help you determine what your family's produce needs are, how much you should plant, and how to plan your garden space accordingly.

No matter your climate, conditions, and space, you can grow crops that will help reduce your grocery budget and have wholesome and chemical-free food, improving you and your family's overall well-being.

Ready to grow? Start here.

HOW TO USE THESE WORKSHEETS

These sheets will help you accomplish one of the often most overlooked but critical steps to a successful growing season and harvest—planning.

First, you'll determine your food needs for a year by identifying the produce your family eats and enjoys during a typical month. After all, what's the point of having a garden if it's full of foods your family doesn't like and won't eat?

Next, you'll need to do some research to determine which of the foods your family eats will grow in the climate where you live. To search online for your gardening zone information, type your zip code, city, and state with the words *average first and last frost date and gardening zone*. It's also wise to ask an experienced gardener in your area if possible.

Finally, you will take the information you gathered about your family's food needs and what grows well in your area to determine what and how much to plant. This will give you an easy-to-follow plan for your garden and provide enough yield to feed your family for a year. There is also a graph paper page provided, so you can sketch out how your garden area will look.

Here's to a great growing year for you and your family!

FOOD NEEDS FOR A YEAR WORKSHEET

Here is a worksheet to help you document and plan out approximate yearly needs based on your family's eating habits.

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FOOD NEEDS FOR A YEAR WORKSHEET

GROWING SEASON WORKSHEET

1. My gardening zone is _____.
2. My last average frost date is _____.
3. My first average frost date is _____.
4. My growing season is _____ days.

CROP PLANNING WORKSHEET

Now that you know which foods your family is eating a lot of, it's time to decide which of these crops you'll be planting in your garden this year.

When deciding what plants to grow, consider:

- Your growing season (refer to crops by cool or warm season on pages 16,18). For example, even though we use on average a lime a week, citrus doesn't grow in our gardening zone, so we don't grow it.
- What grows easily in your area.

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HOW MUCH TO PLANT

Below you'll find a chart with average recommendations for how much to plant per person for a year's worth of food, and how much each plant produces on average. Keep in mind, these averages are based on good soil and may differ year to year. I find my tomatoes and beans produce much more than the average listed. Your actual yield will be affected by soil nutrition, weather, and pest conditions.

Bushel	Peck	Quart	Pint
4 pecks 8 gallons (dry) 32 quarts (dry) 64 pints (dry) 128 cups (dry)	8 quarts (dry) 16 pints (dry) 32 cups (dry)	2 pints (dry) 4 cups (dry)	2 cups (dry)

How Much Fruit to Plant

FRUIT	Plants per Person	Average Yield Per Plant
Apples		Dwarf: 5-6 bushels Semi-Dwarf: 10-15 bushels Standard: 5-20 bushels
Apricots		Miniature: 1-2 pecks Dwarf: 1-2 bushels Standard: 3-4 bushels
Blackberries	2-4 plants per person	10-20 pounds per plant
Blueberries	2 plants per person	5-15 pounds depending on maturity of plant
Cherries		Sweet Dwarf: 8-10 gallons Semi-Dwarf: 10-15 gallons Standard: 15-20 gallons Sour Dwarf: 3-5 gallons Semi-Dwarf: 12-18 gallons

HOW MUCH TO PLANT

FRUIT	Plants per Person	Average Yield Per Plant
Elderberries	1 plant per person	10- 12 pounds per mature plant
Grapes	1 vine per person	5- 15 pounds per vine
Nectarines		Miniature: 1-2 pecks Dwarf: 3-4 bushels Standard: 6-10 bushels
Peaches		Miniature: 1-2 pecks Dwarf: 3-4 bushels Standard: 6-10 bushels
Pears		Dwarf: 6-8 bushels Standard: 12-15 bushels
Plums		European: Dwarf: 1 1/2- 1 bushel Standard: 1-2 bushels Japanese: Dwarf: 3-4 bushels Semi-Dwarf: 4-5 bushels Standard: 5-6 bushels
Raspberries	10-25 plants per person	1-2 quarts per plant
Rhubarb	2-3 crowns per person	2 pounds per crown
Strawberries	20-25 plants per person	1 pound or 1 pint per plant

HOW MUCH TO PLANT

How Many Vegetables to Plant

VEGETABLES	Average Plants per person	Average pounds per plant	Average Cups per plant
Asparagus	10–15 per person average	2–3 pounds per plant	4–6 cups
Beans, Dry	15 plants per person	1/4–1/2 pound per plant	2 cups
Beets	36–40 per person	1/4 pound per beet	1/2 –3/4 cup
Beans, Snap	Bush: 15–20 plants per person Pole: 10–15 plants per person	1/2 pound per plant 1/2 pound per plant	Bush: 2 cups Pole: 3–4 cups
Broccoli	3–5 plants per person	1 pound per plant	5–6 cups
Brussels Sprouts	2–3 plants per person	3/4–1 pound per plant	4 cups
Cabbage (finely chopped/ shredded)	3–5 plants per person	2–4 pounds per plant	8–16 cups
Cauliflower	2–3 plants per person	2 pounds per plant	3–4 cups
Carrots	25–30 per person	1/4 pound per carrot	1/4 cup
Celery	3–5 per person	1/2 pound per plant	2 cups

HOW MUCH TO PLANT

VEGETABLES	Average Plants per person	Average pounds per plant	Average Cups per plant
Corn (Sweet, in husk)	15 plants per person	2 ears per plant	1 1/2 cups
Cucumbers (3-5" pickling cukes)	2-4 plants per person	3-5 pounds per plant	8-15 cups (3-5 quarts whole)
Eggplant	1-2 plants per person	8-10 pounds per plant	32-40 cups
Garlic	15 bulbs per person		
Kale	5 plants per person	1 pound per plant	3-6 cups
Spinach	15 per person	1/4 pound per plant	1 1/2 cups
Leeks	12-15 plants per person	1/4 pound per plant	1/2 cup
Lettuce	5-10 per person	1/4-1 pound per plant	4-6 cups
Onions, storage	15 bulbs per person	1/2 pound	1 cup
Okra	6-8 plants per person	1 pound per plant	1 1/2 cups

HOW MUCH TO PLANT

VEGETABLES	Average Plants per person	Average pounds per plant	Average Cups per plant
Parsnip	10–12 per person	1/3 pound per plant	2/3 cup
Peas, Field	30 per person	1/8–1/4 pound per plant	1/4 cup
Peppers	Hot: 1–2 per person Sweet: 3–4 per person	1–4 pounds per plant	3–10 cups
Potatoes	10–15 per person	2 pounds per plant	4 cups
Pumpkins	1–2 plants per person	4–10 pounds per plant	16–40 cups cubed
Rutabagas	5–10 per person	1–3 pounds per plant	1 1/2–5 cups
Squash (winter) (Hubbard, banana, acorn, butternut, buttercup)	1–2 per person	10–15 pounds per plant	10–15 cups
Squash (summer) (pattypan, yellow, zucchini)	1–2 plants per person	5–20 pounds per plant	12–50 cups
Sweet Potatoes	5 plants per person	2 pounds per plant	5 cups
Tomatoes	5 plants per person	5–15 pounds per plant	7 1/2 cups–22 1/2 cups
Turnips	5–10 per person	1/2 pound per plant	2 cups

CROPS FOR A YEAR WORKSHEET

Look at the crops you identified on the **Food Needs for a Year** Worksheet and transfer them here. Use the **How Much to Plant** charts to determine the amount you'll need to reach the desired annual yield for your family.

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CROPS FOR A YEAR WORKSHEET

PLAN YOUR GARDEN SPACE





THERE'S SO MUCH MORE TO LEARN...

This guide was designed to get you started, but if you really want to dig in and adopt gardening as a sustainable lifestyle, you'll need the *Family Garden Plan*.

In addition to the helpful worksheets in this download, you'll get comprehensive instructions on everything you will need to know about raising healthy food for your family.

Learn more about

- what microclimates are and how to take advantage of them
- where and when to plant your crops
- how to protect your garden from common pests and diseases naturally
- when your fruits and vegetables are ready for harvesting
- how to improve your soil health with simple techniques like crop rotation and backyard composting

Get your copy today and discover the joy of growing your own healthy herbs, fruits, and vegetables.