How To Feed A Family Of 4

Vegetables	Plants for Family of Four	Space Required (M^2)	Difficulty	Top Varieties	Tips	Harvest Period												Yield
						J	F	M	A	M	J	J	A	S	O	N	D	
Beets	80 plants	4	Low	Detroit Crimson, Boltary & Cylindra are good for storage	Grow in pots to save space. Store on newspaper in a cool dry place							■	■	■	■			8 Kgs
Broccoli	20 plants	3	Med	Ironman, Green Sprouting & Belstar	Stagger planting times for a continual harvest								■	■	■	■	■	7 Kgs
Brussels Sprouts	20 plants	7	Low	Bosworth, Maximus & Trafalgar are all high yielding	Earth up around plants as they mature	■	■								■	■	■	5 Kgs
Broadbeans	60 plants	10	Low	Aquadulce, Cobra & Stereo	Ideal for picking when young & freezing			■	■				■	■	■			27 Kgs
Cabbage	30 plants	5	Med	Offenham, Derby Day & Tundra for a continual harvest	Pest control is essential. Cover with garden netting all Summer	■	■	■	■	■	■	■	■	■	■	■	■	18 Kgs
Carrots	160 plants	1	Med	Early Nantes, Flyaway & Autumn King	Essential to rotate & cover against carrot fly. Use a fine mesh netting						■	■	■	■	■	■		9 Kgs
Cauliflower	20 plants	7	High	Mayflower, All Year Round, Mayflower, F1 Lazio	Protect crop from pigeons & white butterflies / caterpillars					■	■	■		■	■	■		6 Kgs
Swiss Chard	20 plants	2	Low	Bright Lights, Rainbow & Rhubarb Chard	Harvest all year by picking off the leaves as you need them	■	■	■	■	■	■	■	■	■	■	■	■	3 Kgs

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Cucumbers	16 plants	8	Low	Outdoor ridge varieties include Femspot, Masterpiece & Burpless Tasty	Store well in fridge or can be pickled							■	■	■	■			7 Kgs
Kale	15 plants	4	Low	Redbor, Starbor, Darkibor	This super food is a great addition & easy to grow	■	■						■	■	■	■	■	4 Kgs
Spinach	80 plants	2	Low	Reddy, Tetona & Winter Giant	Can be harvested when young, Cut & come again crop	■	■	■	■	■			■	■	■	■	■	5 Kgs
Lettuce	50 plants	4	Low	All year Round, Little Gem & Nymans	Stagger sowing times, shade in Summer sun. Cut & come again harvest	■	■	■	■	■	■	■	■	■	■	■		5 Kgs
Onions	160 plants	4	Low	Sow Senshyu in Autumn for early Summer harvest	We suggest growing from sets for a reliable crop						■	■	■	■	■	■	■	20 Kgs
Peas	80 plants	16	Med	Grow Jaguar, Meteor & Douce Provence for year round harvest	Will require a support frame, grow along north end of plot	■	■	■	■	■	■	■	■	■	■	■	■	2 Kgs
Pepper	6 plants	2	High	California Wonder, Gourmet, Gypsy	Must be grown in a polytunnel or greenhouse						■	■	■	■	■			3 Kgs
Potatoes	300 plants	75	Med	Orla, British Queens, Rooster	Clean, firm potatoes will store well if kept cool								■	■	■	■	■	200 Kgs
Radishes	80 plants	0.5	Low	Scarlet Globe, French Breakfast & Daikon	Very quick to mature. Save space by growing between potato crops					■	■	■	■	■	■			1 Kg

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						J	F	M	A	M	J	J	A	S	O	N	D	
Butternut Squash	8 plants	2	High	Hunter, Harlequin & Crown Prince	Great addition for a late Autumn harvest but will require shelter													7 Kgs
Courgette	16 plants	8	Low	President, Ambassador & Picollo	Allow Picollo to mature into Melons in late Summer													7 Kgs
Tomatoes	12 plants	4	High	MoneyMaker, Sungold & Alisa Craig	Must be grown in a polytunnel or greenhouse													18 Kgs
Celery	20 plants	1	Med	Victoria, Celebrity & Granada	Plant close together for white stems to develop													11 Kgs
Leeks	50 plants	5	High	Toledo, Winter Giant & Zermatt	Use a dibber to transplant seedlings into holes 20cm deep													3 Kgs
Spring Onions	80 plants	0.5	Low	White Lisbon is the most common & reliable Spring Onion	Never allow crops to dry out. Harvest when needed, don't store well													0.5 Kgs
Garlic	30 plants	1	Med	Elephant & Sultop	Grow close to carrot & cabbage crops to deter the carrot fly & butterflies													2 Kgs
Wheatgrass	52 trays	n/a	Med	Triticum Aestivum	Sow seeds in trays each week. Harvest after 10 days & juice													2 Kgs
SweetCorn	20 plants	5	High	Golden Gate, Butterscotch & Sundance	Hungry plants, require a lot of nutrients. Harvest once spurs turn brown													5 Kgs

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How to Feed A Family Of 4

Fruits	Plants for Family of Four	Space Required (M^2)	Difficulty	Top Varieties	Tips	Harvest												Yield
						J	F	M	A	M	J	J	A	S	O	N	D	
Apple	2 Trees	5	Low	Cox Pipin, Golden Delicious & Elstar	Choose & sunny, sheltered spot for your orchard. Requires 1 cooking apple for polination													28 Kgs
Cooking Apple	1 Tree	3	Low	Bramley & Blenheim Orange	Give trees a good start by adding rotted farm yard manure at planting													14 kgs
Pear	2 Trees	5	Med	Conference, Doyenne du Comice & Concorde	Thin out the canopy of fruit trees every 3 years to increase yields													7 Kgs
Plum	2 Trees	5	Med	Victoria & Damson	Trees generally produce more than you need which is ideal for jam													6 Kgs
Raspberry	5 bushes	1.5	Low	Ideus Zeva, Cascade Delight & All Gold	Requires a support frame. Prune to ground level after harvest in Autumn													10 kgs
Blackberry	2 bushes	3	Low	Thornfree	Only cut back fruiting stems after harvest, tie up & support remaining													10 kgs
Blueberry	4 bushes	3	Low	Spartan, Bluetta & Herbert	Requires acidic soil, best grown in containers or raised beds													10 kgs

On average 206m^2 is required to grow enough fruit & vegetables for one family

To feed a family of 4 you will need to produce 440kgs of fruit & vegetables from your garden

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