



The Veggie Essentials

How much food will I harvest?

Plant one—harvest one

Beets, bok choy, broccoli, cabbage, carrots, cauliflower, garlic, kohlrabi, leeks, lettuce (head), onions, parsnips, radish, shallots, turnips

Garden Planning Tips:

- Do you want to devote the space to something that only produces one to one?
- The harvest will come all at one time, so you'll need a plan to eat or preserve it.
- You might have time to plant another vegetable after you harvest the first round. I always plant fall carrots in the same bed from where I harvest my onions.

Plant one—harvest for a long time

Asparagus, basil, Brussels sprouts, celery, cilantro, collards, chard, eggplant, kale, okra, parsley, peppers, rhubarb, spinach, summer squash, tomatillos, tomatoes, all perennial herbs

Garden Planning Tips:

- You could choose to plant more from this list since they produce food for many weeks or months.
- The harvest doesn't come all at once, so it gives you time to deal with it slowly.
- Remember that they'll stay in their spots in the garden for a long time, so you won't be able to plant anything else in that space.

Plant one—harvest for a short time

Arugula, beans, cilantro, corn, cucumber, dill, edamame, onions (green), melon, peas, potatoes, pumpkin, raspberries, salad mix, strawberries, winter squash

Garden Planning Tips:

- Consider planting these vegetables more than once throughout the season for a more continued harvest.
- You might get overwhelmed by the harvest depending on how much you plant.
- Depending on the vegetable it might stay in its spot in the garden for a long time.