

## APPENDIX 4

# CALCULATING HOW MUCH TO GROW

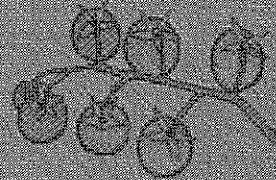
Crop	Number of Plants <sup>1</sup> per Person	Plant Spacing <sup>2</sup> (in inches)	Average Approximate Yield (per square foot in pounds)
Artichokes	3	36-60	1/2
Arugula	3	6	2
Asian greens	4	8	2
Basil	2	6	1/2
Beans, bush	8	6	3/4
Beans, fava	20	8	1/4 (shelled beans)
Beans, pole	6	8	3/4
Beets	20	4	1 1/6
Bitter greens	4	8	1 1/4
Broccoli (heads)	4	12-18	1/2
Broccoli rabe/rapini	8	12	1 1/4
Brussels sprouts	4	18	1/2
Cabbage	4	12-18	1 1/4
Cardoon	1	36	3
Carrots	30	4	1 1/2
Cauliflower	4	12-18	3/4

Crop	Number of Plants <sup>1</sup> per Person	Plant Spacing <sup>2</sup> (in inches)	Average Approximate Yield (per square foot in pounds)
Celery	6	8	4½
Chard	8	12	4
Chayote	1	2 plants per large trellis	1
Cilantro	3	6	¾
Collards	8	12	2
Corn	12	12	½
Cucumber	1	12	3
Dill	2	6	¼
Eggplant	2	18	1
Fennel, bulbing	10	8	½
Garlic	12	4	1¼
Kale	8	12	2
Leeks	20	4	4
Lettuce, cutting	4 square feet	2-4	2
Lettuce, head	6	8	1
Melons	4	18	¾
Mustard greens	6	12	2
Okra	2	18	½
Onions	30	4	3
Onions, green	20	3	4
Onions, shallots	20	4	2
Parsley	2	6	½
Peas, edible pod	50	4	1
Peppers	3 sweet 1 hot	12-18	¾, sweet ¼, hot
Potatoes	15	12	1¾
Sweet potatoes	4	12-18	1½
Radishes	20	3	2
Rutabaga	4	6	3
Spinach	10	6	1
Squash, summer	1	24	2
Squash, winter	2	24-36	1
Tomatillos	2	24	½
Tomatoes	3	18-24	2
Turnips	6	4	2

1. If succession planting, plant this number per person per planting.
2. After thinning if direct seeded; assumes trellising for appropriate crops.



## East Bay Planting Times



All suggestions are from seed, unless otherwise noted.

Artichoke, from Rootstock	Feb-March, Sep-Nov
Bean, Fava	Feb-March, Sep-Nov
Bean, Bush	April-July
Bean, Pole	May-July
Beet	Feb-Aug
Broccoli (from plant)	Feb-March, June-Aug
Brussels Sprouts	April-July
Cabbage (from plant)	Jan-July
Carrot	Jan-Sep
Cauliflower	Feb-April, Aug-Nov
Celery (from plant)	Apr-Aug
Chayote	Jan-April
Chinese Cabbage	Sep-Oct
Chives	Feb-April
Cilantro	March-June, Aug-Sep
Collards	Jan-Feb, July-Sep
Corn	April-July
Cucumber	April-June
Eggplant	April-May
Garlic, from Set	Oct-Nov
Kale	Jan-Mar
Leek	Feb-April
Lettuce	Feb-Sep
Melon	April-May
Mustard	Jan-Mar, July-Sep
Onion	Jan-Feb, Sep
Parsnip	March-Aug
Pea	Feb-March, Aug-Nov
Pepper	May
Potato	Jan-Aug
Pumpkin	May-June
Radish	Feb-April, July-Sep
Rhubarb	Jan-March
Shallots	Nov-Dec
Spinach	Jan-March, Aug-Dec
Squash, Summer	Apr-June
Squash, Winter	April-July
Sunflower	April-June
Swiss chard	Mar-Apr
Tomato (from plant)	May-June
Turnip	Jan-April, July-Sep

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**- Approximate Days to Maturity**

Vegetable Crop	Days from Planting to Maturity Under Optimum Growing Conditions Under Warm Growing Conditions
Bean	48 to 60
Beet	55 to 70
Broccoli	90 to 110
Cabbage	65 to 120
Carrot	120 to 150
Cauliflower	90 to 110
Celery (transplanted crop)	90
Corn, sweet	65 to 95
Cucumber (pickling)	50 to 60
Cucumber (slicing)	60 to 75
Eggplant (transplanted crop)	60 to 80
Kohlrabi	50 to 60
Lettuce, head	70 to 90
Lettuce, leaf	40 to 50
Muskmelon	85 to 95
Okra	50 to 60
Onion, dry	90 to 150
Onion, green	50 to 60
Pepper (transplanted crop)	65 to 80
Potato	90 to 120
Pumpkin	100 to 120
Radish	21 to 30

Spinach	40 to 50
Squash, summer	50 to 60
Squash, winter	85 to 110
Tomato (transplanted crop)	60 to 80
Turnip	45 to 75
Watermelon	85 to 95

Mutually beneficial plant combinations  
according to current reports taken  
from *Organic Gardening and Farming*.

# COMPANION PLANTS CHART

PLANT	COMPANIONS / EFFECTS	PLANT	COMPANIONS / EFFECTS	PLANT	COMPANIONS / EFFECTS	PLANT	COMPANIONS / EFFECTS
<i>Asparagus</i>	Tomatoes, parsley, basil.	<i>Chervil</i>	Radishes (improves growth and flavor).	<i>Marjoram</i>	Here and there in garden.	<i>Rue</i>	Roses and raspberries; deters Japanese beetle. Keep it away from basil.
<i>Basil</i>	Tomatoes (improves growth and flavor); said to dislike rue; repels flies and mosquitoes.	<i>Chives</i>	Carrots; plant around base of fruit trees to discourage insects from climbing trunk.	<i>Mint</i>	Cabbage family & tomatoes, deters cabbage moth.	<i>Sage</i>	Rosemary, carrots; cabbage, peas & beans; deters some insects.
<i>Beans</i>	Potatoes, carrots, cucumber, cauliflower, cabbage, summer savory, most other vegetables and herbs, & around houseplants when set outside.	<i>Corn</i>	Potatoes, peas, beans, cucumbers, pumpkin & squash.	<i>Nasturtium</i>	Tomatoes, radishes, cabbage, cucumbers; plant under fruit trees; deters aphids and pest of cucurbits.	<i>Southernwood</i>	Cabbage; plant here and there in garden.
<i>Beans (bush)</i>	Sunflowers (beans like partial shade, sunflowers attract birds and bees), cucumbers (combination of heavy and light feeders), potatoes, corn, celery, summer savory.	<i>Cucumbers</i>	Beans, corn, peas, radishes, & sunflower.	<i>Onion</i>	Beets, strawberries, tomato, lettuce (protects against slugs), beans (protects against ants), summer savory.	<i>Soybeans</i>	Grows with anything, helps everything.
<i>Beets</i>	Onions & kohlrabi.	<i>Dill</i>	Cabbage (improves growth and health), carrots.	<i>Parsley</i>	Tomato & asparagus.	<i>Spinach</i>	Strawberries.
<i>Borage</i>	Tomatoes (attract bees, deters tomato worm, improves growth & flavor), squash, strawberries.	<i>Eggplant</i>	Beans.	<i>Peas</i>	Squash (when squash follows peas up trellis); grows well with almost any vegetable; adds nitrogen to the soil.	<i>Squash</i>	Bean & onions; deters bean beetles.
<i>Cabbage family</i>	Potatoes, celery, camomile, sage, thyme, mint, rosemary, lavender, beet & onions.	<i>Fennel</i>	Most plants dislike it.	<i>Petunia</i>	Protects beans, beneficial throughout the garden.	<i>Strawberries</i>	Bush beans, spinach, borage, lettuce (as border).
<i>Carrots</i>	Peas, lettuce, chives, onions, leeks, rosemary, sage & tomatoes.	<i>Flax</i>	Carrots & potatoes.	<i>Pot Marigold</i>	Helps tomato, but plant throughout garden as deterrent to asparagus beetle, tomato worm and many other garden pests.	<i>Summer Savory</i>	Beans, onions; deters bean beetles.
<i>Catnip</i>	Plant in borders; protects against flea beetles.	<i>Garlic</i>	Rose and raspberries (deters Japanese beetle); helps herbs with their production of essential oils, plant liberally throughout garden to deter pests.	<i>Pumpkin</i>	Corn.	<i>Sunflower</i>	Cucumbers.
<i>Celery</i>	Leeks, tomatoes, bush beans, cauliflower & cabbage.	<i>Geraniums</i>	Near grapes (discourages Japanese beetles).	<i>Radish</i>	Peas, nasturtium, lettuce, cucumbers; as a general aid in repelling insects.	<i>Tansy</i>	Plant under fruit trees; deters pest of roses and raspberries; deters flying insects; also Japanese beetles.
<i>Camomile</i>	Cabbage & onions.	<i>Horseradish</i>	Potatoes (deters potato beetle), around plum trees to discourage curculios.	<i>Rosemary</i>	Carrots, beans, cabbage, sage; deters cabbage moth, bean beetles and carrot fly.	<i>Tarragon</i>	Good throughout garden.
		<i>Leek</i>	Onions, celery & carrots.			<i>Thyme</i>	Chives, onion, parsley, asparagus, marigold, nasturtium, carrots & limas.
		<i>Marigolds</i>	The workhorse of pest deterrents! Keeps soil free of nematodes; discourages many insects. Plant freely throughout the garden.			<i>Turmeric</i>	Peas.

Combination of vegetables, herbs, flowers and weeds that are mutually beneficial, according to current reports compiled from *Organic Gardening and Farming*.

# Companion Planting

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	Basil	Beans	Broccoli	Carrots	Cauliflower	Chives	Cilantro	Corn	Cucumbers	Dill	Garlic	Leeks	Lettuce	Marigold	Melon	Nasturtium	Onion	Oregano	Parsley	Peas	Peppers	Rosemary	Sage	Spinach	Squash	Strawberries	Sunflowers	Swiss Chard	Thyme	Tomatoes	
Basil																															
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Thyme																															
Tomatoes																															

Plants grow well together    
  Don't plant together!    
  Beneficial to garden in general  
 Combination helps bug control    
  Carrots will have good flavor, but stunted roots

