

VEGETABLE HARVEST YIELD CHART

Source: Solar Gardening by Leandre Poisson and Gretchen Vogel Poisson, ISBN 0-930031-69-5

VEGETABLE	PLANT SPACING IN 4x8 BED (INCHES)	MAXIMUM NUMBER OF PLANTS	AVERAGE YIELD PER 4x8 BED (POUNDS)	VEGETABLE	PLANT SPACING IN 4x8 BED (INCHES)	MAXIMUM NUMBER OF PLANTS	AVERAGE YIELD PER 4x8 BED (POUNDS)
Amaranth	6	133	9	Kohlrabi	8	75	15
Asparagus	24	8	8	Leeks	6	133	60
Artichoke, globe	18	14	7	Lettuce	8	75	18
Artichoke, Jerusalem	15	18	35	Melons	18	14	12
Beans, snap	6	133	22	Mizuna	6	133	15
Beans, shell	6	133	9	Mustard greens	10	48	35
Beans, dried	6	133	5	New Zealand spinach	12	33	22
Beets, round & greens	6	133	35	Okra	15	18	8
Beets, cylindrical	8	75	50	Onions, bulb	6	133	30
Bok choy (pak choy)	8	75	30	Parsnips	6	133	50
Broccoli	12	33	16	Peas, bush shell	6	133	10
Brussels sprouts	15	18	10	Peas, bush snap	6	133	15
Bunching onions	8	75	15	Peanuts	12	33	5
Cabbage, round	15	18	25	Peppers, sweet	15	18	14
Cardoons	30	5	10	Peppers, hot	15	18	4
Carrots	4	300	35	Potatoes	12	33	19
Cauliflower	15	18	20	Pumpkins	30	5	25
Celeriac	10	48	16	Purslane	6	133	6
Celery	10	48	25	Radicchio	8	75	12
Celtuce	8	75	15	Radish, round	3	533	18
Chicory	10	48	16	Rocket	4	333	8
Chinese broccoli	9	59	15	Salsify	8	75	37
Collards	10	48	45	Scorzonera	12	33	15
Corn salad	4	300	9	Sea kale	18	14	8
Corn, sweet	12	33	11	Shallots	8	75	22
Corn, dried	15	18	6	Spinach	6	133	14
Cucumber	15	18	30	Spring onions	4	300	32
Daikon radish	8	75	50	Summer squash	24	8	40
Dandelion greens	9	59	15	Sunflower	18	14	12
Eggplant (aubergine)	8	75	15	Sweet potatoes	15	18	45
Endive	10	48	15	Swede	9	59	48
Florence fennel	10	48	16	Swiss chard	9	59	25
Flowering cabbage	9	59	15	Tomatillos	18	14	56
Garlic	12	33	8	Tomatoes	15	18	42
Gobo (edible burdock)	15	18	6	Turnips	9	59	22
Good King Henry	15	18	8	Turnip greens	8	75	20
Hamburg (root) parsley	12	33	12	Watermelon	24	8	28
Horseradish	15	18	9	Winter squash	24	8	18
Kale	15	18	18	Zucchini (courgette)	24	8	35

Note: There are many variables that will affect plant yield, including weather, soil quality, insect damage, and variety grown. The average yields included in this chart are conservative ballpark figures for an intensive growing area with good soil quality. The poundage listed represents only the edible part(s) of the plant.