

**Sustainable Diet Designs Planting**  
ALL SEASONS

Sustainable Diet Designs Planting ALL SEASONS				
6+ weeks before expected planting date	START IN FLATS			
	Crop	Square Feet	Bed Spacing	
	Leeks	15	6"	155 seeds to ensure 95 plants
	Peppers, cayenne	5	12"	16 seeds to ensure 8 plants
	Tomatoes	25	21"	11 seeds to ensure 9 plants
	Parsley	10	5"	135 seeds to ensure 85 plants
	Early bunching onions	20	3"	700 seeds (¾ tablespoon) to ensure 500 plants
	Start sweet potato slips	25	9"	7.5 pounds to ensure 65 starts
5 weeks before expected planting date	START IN FLATS			
	Crop	Square Feet	Bed Spacing	
	Amaranth	100 + 35	12"	310 seeds (1/3 tablespoon) to ensure 230 plants
	PRICK OUT			
	Crop	Amaranth	Peppers	Parsley Tomatoes
4 weeks before expected planting date	PREPARE			
	Crop	Square Feet	Bed Spacing	
	Potatoes	100	9"	(Put to sprout in warm, lighted area. When sprouts are at least 1/4 inch long, cut potatoes into pieces, cover cut surface with ash, and dry for 2 to 3 days.) 30 pounds
2 weeks before expected planting date	START IN FLATS			
	Fava, cold weather, small seeded	100	8"	426 seeds (1 <sup>5</sup> / <sub>8</sub> cups) to ensure 320 plants
	Wheat	70	5"	430 seeds (4.4 tablespoons) to ensure 300 plants
	Cereal rye	25	5"	250 seeds (1.4 tablespoons) to ensure 175 plants
1 week before expected planting date	START IN FLATS			
	Beans, black	100	6"	887 seeds (1.1 cups) to ensure 621 plants
	Beans, pinto	75	6"	660 seeds (0.5 cup) to ensure 460 plants
	Beans, kidney (for interplanting)	135	6"	897 seeds (2.6 cups) to ensure 628 plants
	Corn, flour	135	12"	300 seeds (4 tablespoons) to ensure 210 plants
On planting date	PLANT			
	Crop	Square Feet	Bed Spacing	
	Garlic	5	4"	1 pound to ensure 70 plants