

Some common vegetables compared

	Yield	Easy to grow	Amount of work	Notes
Potatoes, maincrop	M	√	3	Best as perennial
Early	L	√	3	
Jerusalem artichokes	M	√	1	
Peas, dwarf	L	x	3	
Beans, broad	L	√	1	
Beans, dwarf, French	L	0	2	
Beans, runner	H	0	3	
Carrots	H	0	3	Difficult on heavy soils + Tops + Tops heaviest yield of all
Radishes, summer	L	√	1	
Winter	M	√	1	
Parsnips	M	0	1	
Beetroot	M	0	1	
Turnips	L	0	1	
Swedes	H	0	1	
Broccoli, calabrese	L	X	2	
& purple sprouting	L	X	2	
Cauliflower	L	0	3	
Brussel sprouts	L	√	2	
Kale, annual	M	√	1	
Kale, perennial	M	√	2	
Cabbage	M	√	2	Self-seeders
Swiss chard	M	√	1	
& perpetual spinach	L	x	3	
Spinach	√	1	2	
Garlic L	M	0	2	
Onions	√	2		
Leeks H	L	0	2	
Lettuce, hearted	H	0	2	
Lettuce, loose leaf	L	√	1	
Pumpkin	L	√	1	
Squash	L	√	1	
Courgettes	H	√	1	
Sweetcorn	VL	0	3	4 Cobs/m2
Tomatoes, outdoor	M	0	3	
Asparagus	VL	X	2	60-75 spears/m2 10-12 spears/m2
Globe artichokes	VL	x	2	
KEY	Yeilds: H = heavy, more than 5kg/m2 M = moderate, around 5kg/m2 L = light, around 2.5kg VL = very light, 1kg/m2 or less	Easy?: √ = easy 0 = moderate x = difficult	Work: 1 = light 2 = moderate 3 = heavy	Taken from the permaculture magazine No. 26