

Date: 11/18/10
Name: John and Jane Doe

FORM 7: DIET DESIGN (2)

Total Persons in Diet: 2

	CROPS	Calories per LB/KG	Calories per Bed per Year	Actual Calories per Year	Calcium (mg) per LB/KG	Calcium (mg) per Bed per Year	Actual Calcium (mg) per Year	Protein (g) per LB/KG	Protein (g) per Bed per Year	Actual Protein (g) per Year	Bed-Crop-Months (non-interplanted only)
Special Root	Potatoes	358.0	71,600	644,400.00	26	5,200	46,800.00	7.7	1,540.00	13,860.00	36
	Garlic	676.0	81,120	178,464.00	116	13,920	30,624.00	24.8	2,976.00	6,547.20	15.4
	Jerusalem Artichokes	345.0	71,070	213,210.00	44	9,064	27,192.00	7.2	1,483.20	4,449.60	18
	Leeks	277.0	132,960	132,960.00	123	59,040	59,040.00	5.2	2,496.00	2,496.00	8
	Parsnips	340.0	80,920	80,920.00	193	45,934	45,934.00	6.6	1,570.80	1,570.80	8

Total Special Root Bed-Crop-Months: 85.40

40.99%

Vegetable	Kale	227.0	51,756	25,878.00	601	137,028	68,514.00	14.1	3,214.80	1,607.40	4
	Eggplants	118.0	12,744	3,823.20	44	4,752	1,425.60	4.4	475.20	142.56	1.35
	Cucumbers	59.0	18,644	5,593.20	108	34,128	10,238.40	3.9	1,232.40	369.72	1.05
	Pinto Beans (interplanted)	1,542.0	1,542	13,878.00	612	612	5,508.00	103.9	103.90	935.10	
	Early Bunching Onions (for Diet)	145.0	58,000	5,800.00	222	88,800	8,880.00	6.5	2,600.00	260.00	0.8
	Carrots	195.0	58,500	14,625.00	134	40,200	10,050.00	4.1	1,230.00	307.50	2.25

Total Vegetable Bed-Crop-Months: 9.45

4.54%

Carbon + Calorie	Spring Wheat	1,483.0	14,830	14,830.00	209	2,090	2,090.00	55.8	558.00	558.00	9
	Spring Barley	1,583.0	15,830	31,660.00	73	730	1,460.00	37.2	372.00	744.00	10
	Winter Wheat	1,483.0	14,830	14,830.00	209	2,090	2,090.00	55.8	558.00	558.00	9
	Sorghum	1,538.0	24,608	86,128.00	127	2,032	7,112.00	49.9	798.40	2,794.40	14.875
	Corn, Flour (Interplanted)	1,656.0	30,967	139,352.40	100	1,870	8,415.00	40.4	755.48	3,399.66	19.125
	Amaranth (for Diet)	1,696.0	13,568	6,784.00	2,224	17,792	8,896.00	695.0	5,560.00	2,780.00	1.5
	Rye	1,520.0	15,200	60,800.00	172	1,720	6,880.00	54.9	549.00	2,196.00	36
	Quinoa (Interplanted)	1,600.0	22,880	80,080.00	640	9,152	32,032.00	73.5	1,051.05	3,678.68	14

Total Carbon + Calorie Bed-Crop-Months: 113.50

54.48%

TOTALS

Annual: 1,754,015.80
Daily: 4,805.52

Annual: 383,181.00
Daily: 1,049.81

Annual: 49,254.62
Daily: 134.94

100.00%

Annual/Person: 877,007.90
Daily/Person: 2,402.76

Annual/Person: 191,590.50
Daily/Person: 524.91

Annual/Person: 24,627.31
Daily/Person: 67.47

MINI-FARM DESIGN GOALS

Annual: 876,000
Daily: 2,400

182,500
500

18,615
51