"Grow Biointensive" Sustainable Mini-Farm
Approximate Crop Area Percentages for Sustainability

Approximately 40 beds (4,000 sq. ft.) for one person
(~5,000 sq. ft. including paths)

60% Carbon-and-Calorie Crops
for maximum carbon and satisfactory calorie production
(e.g. grains)
—~24 beds

30% High-Calorie Root Crops
for maximum calories (e.g. potatoes)
—~12 beds

10% Vegetable Crops
for vitamins and minerals
(e.g. salad crops)
—~4 beds

If desired, 50% to 75% of the Vegetable Crops area may be used for income crops.