

Grow what your household will actually use

Use this sheet to compare crops based on what your household eats, what those foods cost at the store, how much growing space you have, and how much each plant may produce. The goal is not to grow everything - it is to choose a few crops that make sense for your home, space, and grocery habits.

Good candidates often combine three things: your family eats them often, they are relatively expensive to buy, and they produce well in the amount of space you have.

1. MY GROWING SPACE

Space I have: containers / raised beds / in-ground / indoor / hydroponic

Sun available: full sun / part sun / mostly shade

My growing season or indoor setup:

2. COMPARE CROPS

Crop	Store Price	We Eat It?	Space Needed	Expected Yield	Worth Growing?

3. MY TOP CROPS TO GROW

Choice 1

Crop: _____

Why it makes sense:

Choice 2

Crop: _____

Why it makes sense:

Choice 3

Crop: _____

Why it makes sense:

4. SIMPLE GROW-TO-SAVE PLAN

Crop	How Many Plants	Estimated Cost	Expected Harvest	What I Hope to Save

BEFORE I BUY SEEDS OR PLANTS

- ☐ My household actually eats these crops.
- ☐ I have enough light and space for them.
- ☐ I checked roughly what they cost at the store.
- ☐ I have a realistic plan for using or preserving the harvest.
- ☐ I am starting with a manageable number of crops.

Growing food saves the most when you grow what you will actually eat.