

Click The First Letter Of Your Edible Plant Choice

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

{loadposition content_right} **Plant Name**

Food Type

Plant Area

Food Per Year

Maturity

Growing Climate

Retail Prices

Ref	Year	Country	Sample Size	Age Range	Gender	Study Design	Findings
1	2018	USA	1,200	18-65	Male	Quantitative	High levels of stress and anxiety reported during the pandemic.
2	2019	UK	800	16-75	Female	Qualitative	Isolation and loss of social support were major concerns.
3	2020	Canada	500	25-55	Male	Quantitative	Increased screen time and decreased physical activity.
4	2021	Australia	300	18-40	Female	Qualitative	Financial stress and uncertainty about the future.
5	2022	India	1,500	15-80	Male	Quantitative	Widespread feelings of loneliness and social isolation.

6' x 18 in sq	200-300	\$6.00 lb	(1)	
Artichoke	Fruit	36 in sq	160-180d	\$3.99
Asparagus	Stalks	\$2.99 lb		
Avocado	Fruit	\$1.00 ea		
15 ft sq	45-95 F / 8-32 °C	\$1.50	\$.89 lb	(1)
Barley, Pearl	Seed	\$1.50	\$1.50 lb	
Beans	Fruit	\$2.00 lb		
25 ft sq	Plant	40,80,90F	\$1.59 lb	
Blackberry	Fruit			
Blueberry	Fruit			

Edible Garden Plants

3-4 ft sq	2-6 lbs / bush	140-160d	\$13.50 lb	
12 in sq	30-40d	\$		
Broccoli	0.75 lb / plant	55-75d	64-73° F / 18-23° C	\$2.99 lb
Brussels Sprouts	2 lb / stalk	90-120d	45-75° F / 7-24° C	\$2.99 lb
12,18 in sq	60-85d	\$1.99 ea		
Canna	Rhizome	12-18 in sq	\$	
Cantaloupe	Fruit			
48 in sq	60-80d	\$0.99 lb		
Carrot	Tuber	80-95° F / 25-35° C	\$	
2,3 ft sq	Tuber, Leaf			
Cassava	Stalk	60-75d	\$2.39 lb	
Cauliflower	Stalk	55-75° F / 12-22° C	\$1.69 lb	
18 in sq	Leaf	18 in sq	60-80d	\$
Celery	Seed			
6 ft sq	Fruit, Acidic Soil			
Collards	Fruit	50-65d	\$1.25 lb	
Corn	Fruit	6 ft sq	3-10 lb / bush	70-100
Cranberry				
10,30 in sq				
Cucumber				
Currant				
2 ft sq	Eggplant	\$1.99 lb		
Endive (Chicory)	Leaf	\$		
\$50 ea	Garlic	Root		
\$Ginger	Rhizome			
Gooseberry	Fruit	\$		
\$2.99 lb	Fruit			
Groundnut	Tuber	5-7 lbs / vine	\$	
H	Honeydew Melon	Fruit	30 in sq	\$
Horseradish	Tuber	\$		
6 ft sq	50-70d	\$Leaf		

Edible Garden Plants

K Kohlrabi	Fruit Stalk, Leaf	 4,9 in sq	45-55d	\$
L Iceburg Lettuce	Leaf	 45-55d		
Leek	Leaf	\$2.29 lb		
Lentil	Stalk	10 in sq	45-55d	\$1.99
	Seed	\$1.90 lb		
M Mustard	Mushroom Seed	Fungi \$ 2 in sq	40-50d	\$
O Onions, Bulb	Okra Plant	 Fruit \$0.69 - \$1.99		
P Pea	Parsnip Seed	Tuber 6 in sq	6 in sq 60-70d	\$1.99 \$
Peanut	Seed	 \$		
Pepper	Seed	 \$2.99 ea		
Pineapple	Fruit	 \$8.99 ea		
Potato	Tuber	 \$0.50 lb		
Pumpkin	Fruit	 \$		
R Radish	Radicchio Plant	Leaf \$2.58	90d	\$
Raspberry	Fruit	 \$1.99 lb		
Rhubarb	Stalk	 \$		
Rice (Brown)	Seed	 \$1.79 - \$2.16		
Rutabaga	Tuber	6 in sq	90-110d	\$1.79
S Shallot	Scallion Bulb	Stalk \$	\$	

Edible Garden Plants

Soybeans	Seed	\$1.70 lb		
Spinach	Leaf	6 in sq	40-45d	\$1.99
Squash Summer	Fruit	48 in sq	40-55d	\$
Squash Winter	Fruit	40-95d		
Strawberry	Fruit	\$5.90 lb		
Sugar Cane	Stalk			
Sunflower	Seed			
Sweet Potato	Tuber	90-120d	\$1.99 lb	
Swiss Chard	Leaf	9 in sq	60-70d	\$

T	Taro	Fruit	\$	
Tomato	Fruit	\$3.99 lb		
Turnip	Tuber	\$		

W	Wasabi	Rhizome	2-3 yrs	Specialty
(1)				
Watercress	Stalk	\$		
Watermelon	Fruit	\$		
Wheat	Seed			

Y	Yam	Tuber	\$	
Yucca	Root, Leaf	80-95° F / 25-35° C	\$2.99 lb	

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