

FORM 7: DIET DESIGN (2)

NAME: SBU

It is best to limit this exercise initially to 8 to 12 crops.

DATE: 1/08

CROPS	I	J	K	L	M	N	O	P	Q	R
	CALORIES per lb or kg [HTG Col. MM]	CALORIES per BED per YR [E x I]	ACTUAL CALORIES per YR [B x I]	CALCIUM per lb or kg (mg) [g]	CALCIUM per BED per YR (mg) [E x L]	ACTUAL CALCIUM per YR (mg) [B x L]	PROTEIN per lb or kg (grams) [h]	PROTEIN per BED per YR (g) [E x O]	ACTUAL PROTEIN per YR (g) [B x O]	BCM [G x H]
Potatoes	358	71,600	261,340	26	5,200	18,980	7.7	1,540	5,621	14.6
Garlic	676	81,120	7,706	116	23,200	1,322	24.8	2,976	282	0.7
Sweet Pot.	375	61,500	68,437	118	19,352	21,535	6.6	1,082.4	1,204	4.4
Parsley	163	14,833	3,716	921	83,811	20,999	16.3	1,483.3	371	1.25
Cayenne	1470	14,700	4,116	681	6,810	1,907	45	450	126	1.4
Pinto B.	1542	15,420	53,970	612	6,120	21,420	103.9	1,039	3,636	14
(Pinto B.)	1542	3,084	16,499	612	1,224	6,548	103.9	207.8	1,112	—
36.35										

Corn	1656	28,152	151,110	100	1,700	9,125	40.4	686.8	3,686
Amaranth	1696	13,568	26,000	2224	17,792	34,094	69.5	556	1,065
Raisins	1311	87,837	29,891	281	18,827	6,406	11.3	723.2	257
Fibers	2876	43,140	31,145	948	14,220	43,228	57.2	858	2,608
Rye	1520	15,200	23,302	172	1,720	2,636	54.9	549	841

TOTALS	Annual Daily	777,232 2129		188,200 515.6		20,809 57
MINI-FARM DESIGN GOALS	Annual Daily	876,000 2,400		182,500 500		18,615 51

BCM = BED-CROP-MONTHS

(g) HTGMV Column NN

(h) HTGMV Column LL