

FORM 7: DIET DESIGN (1)

NAME: 5BU

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

DATE: 1/08

✓ lb, sq ft — kg, sq m

CROPS	WEIGHT of FOOD per DAY		RE-QUIRED ANNUAL YIELD [A x 365] [f]	CROPS per YEAR	INTERM. YIELD per BED per CROP (lb or kg) [c]	ANNUAL YIELD per BED [C x D]	ACTUAL AREA (BEDS [b]) [B / E]	MO. IN BED [a]	BED-CROPS [C x F]
	A1	A2							
	Eaten [d]	Dry [e]							
Sp Potatoes	2		730	1	200	200	3.65	4	3.65
Garlic	.03125		11.4	1	120	120	.1	7	.1
Rt Sweet Potatoes	.5		182.5	1	164	164	1.1	4	1.1
v Parsley	.0625		22.8	1	91	91	.25	5	.25
Cayenne	.0078		2.8	1	10	10	.28	5	.28
e Pinto Beans	.288	.096	35	1	10	10	3.5	4	3.5
g (Pinto Beans)	.087	.029	10.7	1	2	2	(5.4)	—	—
SUBTOTALS FOR SPECIAL ROOT AND VEGETABLE CROPS							8.88		8.88
Cb Flour Corn	.5	.25	91.25	1	17	17	5.4		
Amaranth	.125	.042	15.33	1	8	8	1.92		
+ Raisin Grapes	.0625		22.8	1	67wet 15.6dry	67wet 15.6dry	1.28*		
Cal Filberts	.125		45.6	1	15	15	4.5*		
Cereal Rye	.125	.042	15.33	1	10	10	1.53		
TOTAL WT/DAY							3.93		
SUBTOTAL CARBON+CALORIE CROP BEDS							14.63		
							23.51		TOTAL BEDS

These areas are to be included on the Compost Design Worksheet.

Maximum Weight of Food per Day: women: 5.5 lb (2.5 kg); men: 6 lb (2.7 kg)

Eventual Planning Goal: 60% of area for crops producing high amounts of carbon and significant amounts of calories; 30% of area for root crops high in calories; minimum of 2.5% of area for miscellaneous vegetables, maximum of 7.5% for income crops.

You should wait to fill in Columns G, H, and R until the other columns are more or less settled.

[a] HTGMV 6: (Col N + Col. O) / 4.3 [b] BED = 100 sq ft = 9.3 sq m (10 sq m) [c] HTGMV 6, Col. E middle figure

[d] Beans and grains **rehydrated: dry weight x 3** (except x 2 for corn made into tortillas)

[e] Beans and grains only [f] Use A2 for beans and grains, A1 for all others

() = interplanted with corn; yields .2x; beds accounted for by corn